

CURES FOR TERMINAL DISEASES



**Natural Health Protocols In History
That Cured Diseases & Healed The Body**

JEAN-PAUL O'BRIEN

CURES FOR TERMINAL DISEASES

**Natural Health Protocols In History
That Cured Diseases & Healed The Body**

Copyright © 2020 by Jean-Paul O'Brien

Contact Author at:

JPOB1@Hotmail.Com

All rights reserved

This book or any portion thereof may not be reproduced or used in any manner whatsoever without the express written permission of the author except for the use of brief quotations in a book review.

Printed in the United States of America
First Edition Printing 2018

ISBN 978-1-7360917-0-8

English Paperback

Book Cover Image Credit to:
InspiredImages on Pixabay

Dedication

This book is inspired and dedicated to all those individuals of past and present who have left this incarnate plane of existence before their time, due to any type of incurable and terminal mortal disease that has always been curable. The knowledge to cure and heal all diseases has always been available to the masses, but for whatever reason, most did not find or apply the protocols in time to save their human body avatar from shutting down prematurely. The many who errantly entered into a conventional medicine hospital for any type of disease likely never suspected they would never leave again, signing their own death warrant unknowingly.

This book of information provides historical knowledge, healing protocols, case studies and many other answers to the etiology and cures for diseases of all types. These have been suppressed, omitted, slandered, ridiculed or discarded by conventional medicine sentinels and their pharmaceutical benefactors that dispense toxic chemicals re-labeled as medicine as part of a larger global agenda. A patient cured is a customer lost. I do not claim to possess all knowledge pertaining to the human body, it is outside of my abilities. The little I do know is derived from intense independent research and firsthand experience from the school of life. Trust, but verify all knowledge and information you receive in life, regardless of the source. In this manner, you can filter out the propaganda, indoctrination, disinformation and manipulation that is being perpetrated on all of humanity.

May the information contained herein awaken your conscious awareness in time for you to comprehend your dire situation, recover your health and extend your life expectancy. What you believe and do after learning the knowledge in the days that remain will ultimately determine your manifest destiny.

Disclaimer

I am not a doctor. I am not offering medical advice to anyone who may read the information contained herein. The information discussed is not meant as a substitute for advice from your physician or other health professional and should not be used to diagnose, treat or cure any medical condition. Any concerns about your physical health should be addressed exclusively by your physician or health professional. Many opinions have been made throughout the book and these should not be interpreted as factual medical knowledge or advice. Many observations, commentaries, analysis and conclusions are conducted as a result of independent research and investigation into the various topics discussed throughout the book.

In no instance shall the information provided or referenced be construed as providing any type of medical examinations, analysis, guidance or treatment regimens of any kind and are not intended to be interpreted as such. The author assumes no responsibility or liability for any actions the reader may take, share with others, misuse or misinterpret and is intended for general information use only. Every effort has been made to ensure that any information presented and discussed is factually accurate, but the author is not liable for any errors in content or meaning that may be interpreted erroneously. The reader is advised to conduct independent research to validate any and all statements and opinions made which were compiled during the research for this book. Trust, but verify.

Table of Contents

CURES FOR TERMINAL DISEASES

<i>Copyright © 2020 by Jean-Paul O'Brien.....</i>	<i>2</i>
<i>Dedication.....</i>	<i>3</i>
<i>Disclaimer.....</i>	<i>4</i>
<i>Introduction.....</i>	<i>6</i>
<i>Chapter 1.....</i>	<i>17</i>
UNLEARNING FALSE MEDICINE & CONSCIOUS AWARENESS.....	17
<i>Chapter 2.....</i>	<i>28</i>
WHOLESOME FOODS, NUTRITION & HEALTHY LIFESTYLE HABITS.....	28
<i>Chapter 3.....</i>	<i>37</i>
NATURAL CURES.....	37
<i>Chapter 4.....</i>	<i>48</i>
WATER CURE PROTOCOLS.....	48
<i>Chapter 5.....</i>	<i>64</i>
INTERNAL CLEANSING PROTOCOLS.....	64
<i>Chapter 6.....</i>	<i>77</i>
OTHER HEALTH PROTOCOLS.....	77
<i>Chapter 7.....</i>	<i>92</i>
IN THE DAYS THAT REMAIN.....	92
<i>References.....</i>	<i>101</i>

Introduction

An individual who is ill or diseased and wants to continue living must possess the instinctual desire, and the inherent will to live for natural curing and healing to take place within their human body avatar. This is first and foremost for the process of curing and healing to begin; the psychological and emotional catalysts must be present and awake. Any health protocol, no matter how simple or complex is destined to fail if the person who is ill, is indifferent or uninspired to follow through with any type of health protocol implementation. To those individuals who may unfortunately fall under this category, may you find peace from your emotional, psychological and physical suffering. May you crossover to the other dimensional side of spiritual existence and return from whence you came, to be with your ancestors, galactic tribes and the one infinite creator of the universe (God) once again.

An individual who comprehends that their manmade, artificially created disease can be vanquished, has the intestinal fortitude to fight and is not yet ready to leave their earthly family and friends behind can cure and heal themselves quickly. The God spark of conscious awareness and unwavering will to live is all that is needed to succeed. The basic tenets of human nutrition and health described herein shall provide anyone with an open mind the tools needed to cure and heal themselves, based on natural laws of existence.

Anyone who has been recently diagnosed with any type of degenerative disease or terminal illness has likely been informed by conventional medicine sentinels that they have very few health protocol options from which to choose from in order to begin the curing and healing process. Worst still are those who have already voluntarily fallen prey to these types of barbaric protocols of conventional medicine (chemotherapy

radiations, toxic medications, barbaric mutilations, amputations and other physical atrocities) in the belief that the cutting edge placebo toxins, radiation or human butchery could save their life in the process. These latter type of patient victims are ultimately sent home to pass their last minutes, hours, days or weeks without hope, after the conventional medicine protocols failed to cure or heal their curable illnesses. They are literally, emotionally and physically abandoned.

It is the diseased patient's dire misfortune to have placed all their faith and trust into a conventional medical system that is more focused on other global objectives (corporate profits and human depopulation agendas) than curing and healing the human body and soul before them. What most of humanity does not realize is that the cures to their illness (terminal and non-terminal) have long existed in human history. Those new illnesses of this past century are mostly attributed to environmental contamination, food contamination, improper food consumption and poor lifestyle habits. A quote attributed to Dr. John Christopher, Naturopathic Doctor:

“There are no incurable diseases, but at times there are incurable patients.”

- John Christopher

The Son of Man has been indoctrinated, conditioned, manipulated and programmed to believe practically anything being said to them by a person in a white lab coat with a stethoscope draped around their neck as true and irrefutable. The many paid actors in television commercials and movies all purposely project that persona of knowledge and trust in order to convince and reinforce their diagnostic decree should not be reproached. Such is the level of human psyche programming that a second opinion is practically never obtained for any initial medical diagnosis by the ill patient. The default response bludgeoned into the psyche of the unsuspecting patient is that this person's medical diagnosis and final doctor decree is as near the word of God and should never be questioned, challenged, disobeyed or they shall forever suffer in the purgatory of medical insolence.

The artificially indoctrinated belief that conventional medicine is the only choice for patients to have any chance of recovering their health illness serves the higher agendas of corporate profit and eugenics interests. On the eugenics side, any disease that cannot be cured will increase the mortality rate of humanity on a global scale, thus ensuring a continuous decrease of the population and increased mortality statistics. The toxic and harmful medications provided on a massive scale around the world are mostly ineffectual and provide token relief of the patient's ailments at any given time, all the while generating massive profits and harmful secondary health side effects that will generate additional revenues.

The misleading public projection of finding a cure (for any type of disease) for their terminal disease, with the always ready promise of a new study, new drug or new therapy is always just out of reach of the patient victim, keeping the patient on the fish hook involuntarily until they cease to exist. The patient victim can never break the conditioning and pull away in order to seek out true curing and healing protocols that can restore cellular homeostasis and bring true health back into their body in just a few days, weeks or even months. Conventional medicine has devolved from an all encompassing and holistic family doctor approach of centuries past to a callous 15 minute office visit of modern medicine. There is a designated medical specialist for each individual diseased organ or body part. The compartmentalized treatment approach will always fail to cure their patient, unless the whole body approach is taken to treat the root cause, not the secondary signs and symptoms manifested.

The patently false academic "*germ theory*" of sickness presented by Louis Pasteur (1822-1895), who followed the same erroneous germ and vaccination fraud theories of Edward Jenner (1749-1823) has been injected into the psyche of civilized man. The false assertion that the germ theory of disease formation is the root cause of all their mortal ailments in lieu of the "*physiological or chemical imbalance*" theory presented by Antoine Bechamp (1816-1908) more accurately demonstrates the body is diseased because it is not in

physiological balance. Improper food, lifestyle habits and environmental contamination are the building blocks of disease formation and attract the harmful microbes of the germ theory of disease. The fraudulent germ theory of disease is worshipped by false science, false medicine, false history and the pharmaceutical/chemical companies that continue to promote and profit from this global deception. There are various factors that induce physiological imbalance; that ultimately results in functionality and performance disruptions at the individual and systemic levels within the human body avatar. Modern conventional medicine has chosen to breakout and apportion medical specialists for each and every part of the body (e.g. Eye specialist, Kidney specialists, Heart specialists, Gastrointestinal specialists, Liver specialists and the many other body organs and systems ad infinitum) instead of taking the whole body/person approach to healing their victim from the onset of the examination and investigating their past medical history.

A hypothetical example: Will a patient benefit by having all his teeth pulled out throughout his life when they develop cavities or will the patient instead be better off instructed on how to properly brush/floss his teeth? Perhaps also warned to avoid the consumption of harmful sugar laden products and other teeth destroying foods as a passive, preventative approach and solution to not losing all his teeth in the future (education)?

An informed and aware individual who has a firm grasp of human anatomy and physiology will comprehend that any harmful nutritional or poor lifestyle habits practiced will ultimately result in the formation of any type of degenerative disease (e.g. cancer or alike) within their body sooner or later. Surgically cutting, removing, radiating or poisoning the affected body part will not cure the patient, it will only serve to further mutilate and maim them for their remaining life. All the while, the disease continues to inhabit the further weakened human body avatar unabated. As limb by limb (or organ by organ) is needlessly poisoned or dismembered from itself, the butchers of modern conventional medicine continue to meet their medical-business quotas of the corporate

interests (profit) while the eugenics philanthropist's agenda of world depopulation also continues unabated. Those individuals who can see past the veil of medical deception will have a fighting chance to recover their health. The knowledge is publicly available for all to peruse and assimilate, provided they can look away from those pied pipers that purposely are distracting the individual from learning about true health and healing.

Throughout the centuries, tens of thousands of sick people have cured and healed themselves from all different types of diseases and terminal illnesses, without the assistance of conventional medicine of their time. True health knowledge usurps the false medical knowledge that permeates all societies around the world at present. In some instances, the mere use of cold water (hydrotherapy) resulted in healing of more than 40,000 patients of their varied diseases in a single wellness facility. In other instances, the use of garden variety plants, herbs and other common household ingredients were just as effective in curing and healing the sick. Cancer, the scourge of modern man has been effectively demonstrated to have been cured more than a century ago. There are more than 300 known natural protocols to cure cancer that do not require radiation, surgery or toxic poison medications. The statistical manipulation of cancer survival rates is misleading in many instances. Unless the patient survives for 5 years, they are categorized as having succumbed to their disease before the full 5 year treatment regimen could be completed, thus their death is not applicable to the mortality statistics of cancer. In reality, the cancer survival rates is closer to less than 2-5% utilizing conventional cancer treatment protocols.

Mankind has strayed from true health knowledge, in exchange for false science, false medicine, false history and false purpose of existence. Once conscious awareness is awakened, humanity can once again remember their purpose for existing in the universe. Until that time, the son of man will continue to walk aimlessly the earth, never knowing the marvel and treasure their incarnated existence holds. A quote attributed to the King James Version (KJV) bible:

“My people are destroyed for lack of knowledge; because thou has rejected knowledge, I will also reject thee, that thou shalt be no priest to me; seeing thou hast forgotten the law of the God, I will also forget thy children.”

- Hosea 4:6 KJV

The book “**Cancer Cures**” by the author highlights several of the more than 300 different cancer cures that have existed in human history. Most are simple, effective and globally available to all of humanity. Miraculous cures of patients who had been sent home to die of cancer were cured and healed within days, weeks or months. Even some of the most advanced cases made full recoveries and lived for 10-20-30-40 more years cancer free. Unfortunately, those who had received unsurvivable amounts of radiation chemotherapy, surgical mutilation and toxic poison medications had lesser success rates. Patients with less than a week of life remaining were able to fully recover with the use of common baking soda, carrot juice, grape juice or other natural protocols developed by their inventors. In many instances, the inventors themselves had terminal cancer and saved themselves using their protocols, where conventional medicine not only failed them, but quickly abandoned them after their barbaric surgeries and toxic poisoning protocols were completed.

If you, the reader, or anyone you know is diseased or terminally ill, there are natural cure alternatives that may provide the cure to the disease and eventual healing. If the disease is too far advanced or the individual has surrendered their will to live, some of the topics discussed herein may provide psychological and physiological improvements in their quality of life and outlook as a whole in the days that remain. We are all immortal sentient beings that have voluntarily chosen to incarnate in these human body avatars for an intended purpose(s). Each individual has their many life lessons to experience, thus continuing to advance in our spiritual evolution individually and as a species. We are each catalysts for others to experience their life lessons, just as they are our catalysts to create new and fulfilling life experiences.

An individual who has endured many difficult life lesson experiences may choose to believe that they have had a miserable life and want only to leave this planet as quickly as possible. Some individuals choose to exit the human world stage more quickly by injuring, contaminating, poisoning and neglecting their human body avatar with processed foods that lack any nutrition, tobacco, alcohol, drugs or live their life precariously with real physical threats to their body in order to help precipitate an early incarnated demise (death). Others will comprehend that each of those tumultuous and gut wrenching experiences they have lived are the emotional catalysts that will awaken the consciously unaware spiritual occupant of the human body avatar in learning their intended life lessons while incarnate. The individual will (once conscious awareness is detected, understood and assimilated) comprehend that the development of any degenerative disease or terminal illness may be the subconscious desire to depart this life abruptly, before their intended end date. If not, the development of the degenerative disease may be a direct result of involuntarily succumbing to one of the various eugenics agendas that have been ongoing for more than a century around the world to the unsuspecting populace.

The book “***The Great Awakening***” by the author elaborates on this nefarious global agenda that is directly and indirectly linked to sickness, diseases and degenerative disease formation. The complicit global medical, pharmaceutical, food and chemical conglomerates all appear to be co-conspirators in this ongoing struggle for the control of all humanity. If an unfortunate individual has succumbed to a degenerative or terminal disease, hard choices must be made. Continue on the path of conventional medicine and their many diabolical agendas or embark on true healing with natural protocols and plants? More importantly, will the individual abdicate their free will to family, friends, society and conventional medicine pressure to only follow their flawed and fatal protocols to torture, maim and ultimately destroy their human body avatar so that it is incapable of continuing to house the immortal sentient being that you are? There is no half-stepping to be done. Only the individual who is facing certain death within

days or weeks will comprehend the urgent choices to be made. If the unnatural emotion of fear is discarded, followed by the suppression of the interfering and harmful personal ego, then the person may quickly overcome their dire health situation. Hesitancy, uncertainty and fear will only ensure an imminent demise as the final outcome.

If you are reading this book, it is not by accident, but by karmic design. Does the thought of never holding, kissing or speaking to any of your loved ones ever again evoke anger or rage within you? If yes, that is the power of your immortal sentient soul expressing itself in no uncertain terms to resist, fight, do battle and live another day. The unthinkable idea of never being able to say "I Love You" ever again or simply holding the hand of your loved one(s) is unacceptable and rightly so. It is not your time to leave this grand school of life if you have been involuntarily poisoned to the point of physiological organ failure. Conversely, if the above situation only evokes self pity, loathing and surrender, then very little can be expected from the information presented in this book. The human will to live is the driving force and catalyst to achieve great things in life itself. If this spark of life is dimmed or smoldering out then the will to live and love has been stripped away from the body and soul. How many already deceased individuals around the world would literally kill to have just one more minute of the life you have right now, to hold and kiss their loved ones in your place? To tell them I Love You and look into their eyes with their heart wide open?

The many philosophers, writers, and great thinkers in world history likely encountered these types of deep and profound thoughts in their time of existence on this planet. If you can envision these thoughts and ideas, then you too are a great thinker. I intend on living for more than 126+ years of age. Having nearly been killed ten (10) times in armed conflict around the world and unexpected civilian environments, I can claim to have seen the face of death within inches or seconds. These types of experiences educate mankind of his delicate existence, developing humility and teaching us the value of human life itself. All the while sporting an almost

indestructible body that can cure, repair and heal itself if allowed to by the consciously asleep and unaware spiritual occupant of the human body avatar. The spiritual occupant who continuously meddles and interferes with the curing and healing process unknowingly accelerates his own demise.

What does this all mean to a person who presently is terminally ill with a limited expectation of survival? It means this life and death situation is another of the life lessons that you have chosen for yourself before you physically incarnated in this lifetime. You can choose to learn, apply and fight to regain your health and life, while discarding fear and those who would have you surrender your life without resistance, or you can leave us now. However, be prepared to reincarnate once again to finish this life lesson all over again in a future life. If the life lesson is not learned, just as in academia, the lesson is repeated over and over until the spiritual evolution lesson is experienced and successfully completed.

By choosing to read the next chapter and those that follow, you are entering into an agreement with yourself to fight and overcome the physical disease with proven protocols, knowledge and without fear of the unknown. Others around you may consciously and unconsciously try to ridicule, slander and malign your enlightened position out of their lifelong indoctrination conditioning to dissuade you simply out of sheer ignorance. If you are staring death eye to eye, do you really care about what others think or not? They are not in your mortal position and have more choices available to them than you do at this moment. Do you care more about what others erroneously think about how you should take care of your health than saving yourself from an impending demise? If your level of fear indoctrination is insurmountable and you cannot see that you have the power to self heal, then the artificial conditioning and programming has been successful against you up to this point in your life. The opportunity is right before you, all you need do is take it and do not look back.

You cannot lie to yourself, no matter how hard you try. If it is in the physically incarnated world called planet Earth or in the

spirit realm, you will ultimately have to answer to yourself if you are deceitful. Choose life, you are worthy of it. Your family and friends also need you, regardless of how they may express themselves outwardly in public. May the love and light of the one infinite creator (God) enlighten the path on your incarnated and spiritual journey in time to provide the knowledge needed to invoke the healing crisis that you seek to recover your ill health. The knowledge herein will provide you natural alternatives that have already saved tens of thousands of lives who were in the same conventional medical dead end as you may be presently.

The medical business conglomerates around the world likely have as the first day of their medical and pharmaceutical school classes the following mantra that must be recited blindly and silently in the back room accounting offices:

“A patient cured is a customer lost” - Unknown

In the first few forthcoming chapters, an abbreviated and compressed synopsis will provide an overview of the overall information presented. The latter chapters will provide more detailed knowledge, protocols and processes that have been validated time and again to cure and heal those who undertook the journey of disposing with their artificially manifested fear. Decades later, they remain healed and healthy of their once considered terminal (incurable) disease. Those who continued to place their blind faith in undeserving conventional medicine butchers, manifested much faster their curable demise. Remember, there are no incurable diseases. Knowledge is power to heal and grow on an individual and collective consciousness level. Only the individual who is ready and willing to research and learn about true human history and health will survive. The silver bullet or magic pharmaceutical pill to save one's life is a fairy tale designed to keep the individual ignorant that they have the power to cure themselves quickly and simply. Look at the bright shiny thing (pill) that can help prolong your life, but never cure it of the disease. Most would not believe that a few plants, herbs, baking soda or other common ingredients can heal cancer and

other diseases. That goes against what the television and my doctors told me. They told me that radiation, toxic medications and surgical mutilation would cure me...

Awaken from your fluoride stupor and take the first steps to curing and healing your body by expanding your conscious awareness; you are worth of recovering your health and living a long, healthy and happy life.

Reference reading:

A Guide to Health by Mahatma Gandhi (1921)

Herbal Home Health Care by John Christopher (1976)

Cancer Cures by Jean-Paul O'Brien (2018)

The Great Awakening by Jean-Paul O'Brien (2018)

Chapter 1

UNLEARNING FALSE MEDICINE & CONSCIOUS AWARENESS

If you are reading this book, then you may have the misfortune of being in poor health, or may have been diagnosed by conventional medicine as having a terminal disease. All diseases are preventable and curable with natural health protocols. Perhaps you personally know someone who is very sick and are interested in pursuing true knowledge about the human body and how to care for it so that you may help the other person. You either want to be healed or want to gain knowledge of natural healing protocols to help others.

Congratulations, you have not embraced the false science and false conventional medicine protocols that are merely intended to butcher, maim and kill the human species without pity or remorse. You are now questioning and challenging the once noble field of medicine practiced by Hippocrates and others in human history. These great minds and healers have been usurped by the modern day blood letters, snake oil salesmen and dispensers of leeches to the masses. In present times, these namesakes are associated with the global pharmaceutical, chemical and controlled medical schools of conventional medicine. These similarly diagnose and prescribe the manufactured toxic medications, or surgically mutilate and maim their patients as the default slaughterhouse procedures of present conventional medicine protocols. The medical creed of yesteryear of “*do no harm*” has likely been replaced with the new corporate business motto of: “*a patient cured is a customer lost*”. Given the unprecedented mortality statistics globally of curable diseases, the evidence points towards mass human medical genocide.

Mankind has been purposely misled and educated to believe that the post Rockefeller acquisition and monopolization of the medical field in the USA, back in the early 1900's, is the final word in medical knowledge, stewardship and application. The unholy marriage between medical academia of the time and the chemical-pharmaceutical companies gave rise in power to the American Medical Association (AMA). This advertising company increased its advertising revenues by marketing all the many different types of toxic medications to its medical professionals membership base (via its medical journal). This previously forgotten relationship of the Rockefeller control and domination of the USA medical field could be considered to be an equivalent in modern times to international drug traffickers having their illicit narcotics transported on complicit passenger cruise ships, advertising and encouraging the ships crew to dispense the narcotics cargo involuntarily to the passengers, without directly disclosing their behind the scenes business relationships.

What does this all mean? It means that any individual or group who has dominion and control over medical school academia and medical professionals can virtually dictate the unilateral medical protocol treatments that they deem appropriate, lucrative and profitable. An unethical and unscrupulous (hypothetical example) would be for a global pharmaceutical or chemical company to dictate that medical schools prescribe only their patented antibiotics, specialized equipment (e.g. chemotherapy, radiation, mammograms, etc.) in any or all their treatment regimens so as to maintain their current steady state, or increase business revenues.

This type of hypothetical-unethical practice does not deem the health, or the recovery of the patient as the prime objective, but rather secondary to the continued generation of revenue by selling their patented medication or medical equipment. A natural plant that can heal cancer cannot be patented, thus is of little revenue interest to the major pharmaceutical companies. However, a synthetic version of the plant with similar properties can be patented and thus controlled (positive revenue generation for the pharmaceutical company

and its distribution network) by imposing it as the only authorized medical treatment for the disease it is intended to treat. Herein lies the dilemma of synthetic medications versus natural plants with healing properties. Here is a simple example of high blood pressure and how it is treated in the average human body: Modern pharmaceutical companies have developed synthetic medications that artificially lower blood pressure in a person with high blood pressure. Once an individual has begun utilizing any of these types of synthetic medications, patients are discouraged from ever ceasing their use and are encouraged to use them for the remainder of their life. The economic cost is considerable to the patient, even if the cost of the medication is covered by medical insurance (someone will pay for it) as well as the harmful secondary physiological side effects to the human body avatar.

On the naturopathic side of controlling and reducing high blood pressure, whereby natural plants and protocols are utilized, cayenne pepper powder has been demonstrated to be effective in reducing high blood pressure, time and again. According to Dr. John Christopher, a naturopathic doctor and herbalist for most of his life, he would prescribe from one (1) teaspoon of powdered cayenne pepper in an eight (8) ounce glass of distilled water, up to three (3) times per day to control and reduce the high blood pressure. The natural properties of the cayenne pepper would equalize the blood pressure throughout the body, while strengthening the arteries due to the high organic calcium content and other ingredients of the cayenne pepper. The ingestion of a few cents worth a day of cayenne pepper (a natural food) would succeed in reducing the blood pressure without any harmful secondary effects to the body in comparison to synthetic medications with their toxic consequences (it is a plant food).

More importantly, the treatment of symptoms (e.g. high blood pressure) is secondary to determining the root cause of the high blood pressure. Is it improper diet, lack of exercise, smoking, alcohol, arthrosclerosis, polluted environment or other injurious lifestyle factor? As each potential cause layer is pulled back, a better understanding of how the human body

functions as an integrated unit is manifested. If one system or organ is dysfunctional or weakened, the rest of the body must compensate for this and also becomes unbalanced in the process. The high blood pressure may be a secondary effect of drinking hard water for years or decades, resulting in the internal organs, heart and arteries becoming stone like (inorganic calcium accumulation). The arteries cannot expand or contract, forcing the heart to work harder and harder to achieve what previously was a simple task. Perhaps the root cause is not hard water, but rather obesity and overconsumption of processed foods that lack any real nutrition, clogging the coronary arteries and thus forcing the body to over compensate accordingly to sustain life. Perhaps it is one of dozens of other root causes yet to be discovered.

The systematic and programmed indoctrination process that commences at the enrollment of academic schools, at a very young age, is a very powerful methodology that continuously reinforces false history, false science, false medicine and the many other fields of controlled and compartmentalized knowledge. These false narratives are continuously reinforced via television and day care parenting, societal norms, repetitive family acceptance and assimilation (role models) of the same topics to name but a few.

Here is a simple example: Why does a child brush their teeth with one of the most toxic and dangerous chemicals on the planet (e.g. fluoride)? Why does a parent enthusiastically teach and reinforce the repeated use of toxic fluoride in their child's oral hygiene? Is it because both have been indoctrinated and misled with false science (e.g. fluoride is not dangerous) and medicine (e.g. brush your teeth with fluoride, it is good for your teeth) to believe they are good citizens and will comply with the repeated messaging espoused on the television daily?

The reality is that if liquid fluoride is spilled on concrete, it will literally dissolve the concrete in real time. How is the utilization of a known toxic chemical byproduct from the aluminum industry, that can kill a child or adult with only a few milligrams of it ingested be deemed normal? It is not

normal, safe or even healthy. The misinformation has merely been bludgeoned incessantly into the human psyche to not question the false science, medicine and to instead believe those paid actors and partisan experts to do as they are told and not question the established science. Truth be known, there is no established science that is more credible than mother nature. Everything else is synthetic by mankind's hands, thus is imperfect and toxic to human life.

Also affecting the human body, mercury used in tooth fillings is a continuous source of heavy metal poisoning and subsequent disease manifestation. Mercury is a toxic metal that is very difficult to leach out of the body once ingested. Why is this toxic metal still utilized over 100 years later in developed and undeveloped nations as the standard protocol for filling cavities? Partly because it is inexpensive, but mostly because it contributes to the eugenics programs of human global depopulation through its toxic and eventually mortal effects on the human organs and body.

Is it more effective to conceal a eugenics program through subtle mortality increases of a few million deaths each year globally around the world or is it more effective to manifest a global pandemic with potentially hundreds of millions of deaths in a single year? Which will catch the public's attention and which will go unnoticed, continuously amassing death tolls to the unsuspecting world populations on a perpetual basis? Many different types of examples can be laid out for public perusal and scrutiny, but who will take the time to listen or even research the data in an unbiased manner? These examples provided are merely intended to demonstrate that the many different human diseases that exist currently around the world are not spontaneously manifested, but rather are a byproduct effect from other depopulation agendas and fatally intended conventional medical protocols.

Perhaps one of the largest and most effective psychological operation perpetrated on humanity is the food pyramid hoax and the dire impact it has had on human health around the world. No other human culling mortality rate can compare

other than the abortion agenda (eugenics premeditated murder program) that has legally claimed in excess of two billion (2,000,000,000) unborn baby lives since the enactment of Roe Versus Wade law in the United States back in 1974; that allowed a mother to legally kill her unborn child (abortion), which has been upgraded presently up to the moment of birth. The deliberate murdering of an unborn child by its mother is not a moral activity that should be admired or condoned, but rather criminalized. Sexual education and pregnancy prevention planning should replace legalized murder and spilling the blood of Saints.

Returning back to improper food consumption and poor lifestyle habits, it is estimated that more than 90% of all diseases (terminal or not) are conceived in a dysfunctional, contaminated, morbid, parasite infested and improperly nourished human digestion system. Constipation being the prime catalyst for ensuring the processed foods, corpses of rotting animals and overall decaying material classified as some type of artificial food nutrition remains lodged in the small or large intestines, ascending, transverse, descending or sigmoid colon. These stagnant fecal wastes become putrefied, morbid and excrete harmful toxins into the blood stream and lymphatic systems incessantly. The body attempts to expel the harmful morbid wastes and byproducts via the genitourinary tract, gastrointestinal tract and the respiratory system. When these systems are overloaded or incapable of expelling the wastes faster than they are ingested, the default emergency excretion system is normally the skin. It is considered the third lung of the body. It breathes oxygen in and excretes not only used air, but also absorbs liquids and nutrients as well.

Skin diseases like eczema, psoriasis, boils, cysts, acne and others are the body's safety valve to expel the dangerous toxins before they can reach a major organ that could potentially become injured or mortally destroyed inside the body. Skin cancer, for example, can manifest anywhere on the human body avatar. It has found a weak spot (injured or bruised with blood) on the body in which it can survive and flourish. Whenever an oncologist excises cancer cells that were previously amassed and concentrated in any individual

location within the body, these cancer cells are typically released into the bloodstream and are free to travel to any other organ or body location without impediment. This is one of the main reasons anyone who has had cancer surgery will likely have it reappear in 6 months or less on another weakened part of the body. Cancer can never be simply excised out of the body (e.g. remission), it is a systemic, physiological and cellular imbalance within the body itself. Only when cancer is addressed systemically can it be eradicated. Converting the body from an acid to alkaline environment is crucial to returning homeostasis throughout itself. A quote attributed to the Nobel Laureate Otto Warburg:

“No disease, including cancer, can exist in an alkaline environment.”

– Otto Warburg

The only way to naturally cure and heal the body is by expelling the accumulated toxic wastes and contaminants from the body and then consuming wholesome foods as replacement for chemically processed and animal corpses that were previously consumed. All the while, the individual is strengthening the immune system with natural herbs that cause cancer to be eradicated from the body. The cancer cells have become chemically imbalanced and dysfunctional. Upon regaining cellular homeostasis, the cancer cells can no longer exist and are destroyed by the naturally strong human immune system that has not been compromised by harmful vaccinations or other contaminants. The same applies for practically all other terminal diseases in the body.

An individual who has successfully graduated from most public and private academic institutions will have difficulty comprehending or even accepting that the foundation for their education has mostly been based on false science, false history, false medicine and the many other subjects that are designed to keep the general populace in a passive slave state. The illusion of independence and sovereignty keeps the slave from rebelling within the system of control. The saturated fluoride in most of the drinking water helps to ensure mass

defiance, resistance and rebellion are physiologically and psychologically suppressed. The zombie fluoride stare found in practically every society around the world, when the individual is confronted with any discussion of relevance that requires critical thinking the stare emerges and is indicative of a sedated slave mind. Those individuals that challenge, defy or question the status quo with critical thinking are deemed a threat to the existing power structure. Only through independent research, investigation, analysis and conclusion can an individual ensure the knowledge and information ingested is factual and relevant.

The information contained in the upcoming chapters has spanned hundreds of years in time. The many case studies, statistics, testimonials and other supporting information lays testament to the curing and healing powers of the natural protocols used to cure terminal diseases. The power of hidden and suppressed knowledge to the masses is deemed an existential threat to conventional medicine's business operations, along with their eugenics benefactors who are committed to the global human depopulation agenda.

At one time, human history claims that man (enforced by organized religion) believed the universe revolved around the planet. Similarly, that the world was flat and sailors could literally sail off the edge of the planet into the universal abyss if they went outside the firmament. What was the change catalyst that inspired these new views in historical revisionism? The belief that modern science and medicine is correct in all things related to human health should be considered naive and infantile at best. Modern medicine has been corrupted and compromised for the financial benefit of the few at the top, at the health expense of the many below.

The many reading book references identified in each chapter provide the source and depth of many healers, health practitioners, doctors and laymen who discovered and applied their health knowledge to heal themselves and their peers. These references are an invaluable source of information that cannot be slandered, suppressed or questioned if their end

result was the curing and healing of those stricken with incurable and terminal diseases. Decades after they were told they would die, practically none have signs or symptoms of ever having been on their death bed. Conventional medicine is for conventional minds and synthetic toxins while natural health protocols are aligned with the natural functioning of the human body. Mankind is anything but conventional. Natural protocols for curing and healing the body are the only way to true health recovery, despite what any paid expert declares or advocates for on behalf of the medical industry.

Mankind as a species is comprised of an immortal sentient being that is temporarily housed in a perfect human body avatar. If the body is failing, or has failed, it is because the spiritual occupant has improperly operated, maintained and fed it according to its physiological design requirements. Once the immortal sentient being fully grasps their responsibility to maintain the body, the realization will emerge that no one in academia ever taught them this as part of their educational development. Once realization of this shortcoming is understood, the links of slavery bondage can begin to be severed and human emancipation achieved.

If the individual reading this book has now begun to open their mind to alternative health protocol options, that were previously suppressed, ridiculed or considered taboo by conventional medicine, the wisdom of many sages can now more readily be assimilated for your perusal and application if desired. Do not fear change, it is but a positive catalyst for human spiritual development. No matter how bad the health situation may be, everyone has within their grasp the ability to self-heal. If the disease is too far advanced, then at least the improvement of quality of life in the days that remain.

In summary, research the many different types of natural protocols referenced, question the how or why it works, apply as necessary, experiment with variations, challenge anyone who offers only criticism and does not offer a credible alternative solution. Those few who questioned the science and the medicine of their day, and went against the status quo were able to live much longer and healthier lives through

natural protocols. Those many hundreds of millions of deceased victims who ebbed and flowed with the false scientific method of conventional medicine are long forgotten in the annals of medical malpractice. It is your health and your life. Only you can manifest the destiny you desire for it. Do not be swayed by self righteous medical egos that demand you perish by the day they assign on the calendar. Conventional medicine, unnatural food consumption, poor lifestyle habits and the many other detrimental social practices of today are not intended to cure or heal the population. They are intended to reduce human life expectancy and increase profit revenues in the chemical, pharmaceutical and medical industries. Awaken quickly from your fluoride stupor and save your own life. You came into the world on your own and you can leave or stay by your own choosing. Unlearn the false knowledge you have been duped into accepting as truth. Once you can filter the false from the true, you will have become more empowered psychologically and are now prepared to begin the curing and healing process. A partial listing of some global terminal diseases that have been treated and cured with different natural health protocols over the centuries are:

1. Cancers (over 100 types)
2. Heart diseases (multiple variations)
3. Respiratory diseases (multiple types)
4. Hepatic diseases (multiple types)
5. Blood diseases (multiple variations) – malaria, HIV
6. Degenerative diseases (multiple types)
7. Chronic debilitating diseases (multiple variations)
8. Parkinson's/Alzheimer's/Mad Cow (related diseases)
9. Many others (terminal and non-terminal)

Some of the most successful passive, non-invasive health screening protocols for detecting physiological imbalances in the body that ultimately result in any type of degenerative disease formation include the following:

1. Iridology (eyes display imbalances in the body)
2. Reflexology (nerves in feet reflect imbalances)

These non-invasive protocols have detected early stages of many diseases, before they manifested in laboratory blood exams or other invasive tests. The eyes (Iridology) are inherently connected to the human brain, body organs and functioning and when these organs are unbalanced, injured or diseased, they physically manifest on the eye surface that correlates to the specific region of injury or disease. Similarly, the feet also reflect the imbalances (reflexology). Any pain that manifests as a result of pressing into any part of the foot or hand areas with pinpoint pressure is indicative and reflective of the specific region of the body that the imbalance corresponds to in itself. Both are non-invasive, effective and easily applied by the individual for a self-evaluation.

Reference reading:

Vitalogy or Encyclopedia of Health and Home by George Wood and EH Ruddock (1906)

Reports on Cancer by William Lambe (1809)

A Guide to Health by Mahatma Gandhi (1921)

Nutrition and Physical Degeneration by Weston Price (1939)

The Poisoned Needle by Eleanor McBean (1957)

Iridology Simplified by Bernard Jensen (1980)

The Great Culling – Documentary by Paul Wittenburger

Murder by Injection by Eustace Mullins (1988)

Trust Me, I'm A Doctor by Dr. Video Joel Wallach (1998)

Dead Doctor's Don't Lie by Dr. Joel Wallach (2004)

Death by Modern Medicine by Dr. Carolyn Dean (2005)

The Great Awakening by Jean-Paul O'Brien (2018)

Cancer Cures by Jean-Paul O'Brien (2018)

The Emancipation of Humanity by Jean-Paul O'Brien (2020)

Chapter 2

WHOLESOME FOODS, NUTRITION & HEALTHY LIFESTYLE HABITS

The ongoing lower level debate on whether modern day processed foods consumed and harmful lifestyle habits are responsible for physical and mental health diseases places at odds the major food conglomerate corporations and their paid spokespersons against mother nature and those individuals who choose to eat only wholesome, natural, healthy and nutritional foods. The continuous marketing and advertising (propaganda) campaigns in favor of processed foods on national television and elsewhere are bombarded incessantly second by second to the unsuspecting populaces in between their favorite games shows, sports and mindless television programming choices. These are the covert pied pipers that condition consumers into improper food consumption and lifestyle habits to the unsuspecting global population.

The human race has been continuously misinformed by the many academic, scientific institutions, medical institutions and been misled by the food pyramid hoax sponsors into believing a biggie size hamburger and drink, with extra fries and milkshake can provide all the proteins, fats, carbohydrates, starches, vitamins and minerals the human body avatar will require for its daily sustenance and nutrition. The many different chemicals, inorganic ingredients, preservatives, color dyes, unhealthy fats and oils all directly take its toll on the body. Each contributes to the destruction of individual organs and arteries in the process of digestion and partial assimilation. When an individual discovers firsthand that the human body avatar was never designed to consume animal meats or their byproducts as part of their nutritional requirements, they will have broken the first link in their

psychological chain of bondage to consuming animal corpses and their offspring. Mankind and the human body can survive through adaptation into cannibalism, but that does not make it morally, ethically or physiologically correct to do so.

In the books “***How To Become A Vegan***” and “***New Body New Life***” by the author, they both present valid arguments on how and why mankind has been deceived throughout history in regards to improper food consumption and lifestyle habits. When this concept is fully grasped, conscious awareness and spiritual freedom will manifest on a higher level of understanding. Most choose to look away or disregard the uncomfortable topic, but those who can break through will become more enlightened and stronger in the process.

It may be difficult for a sick or terminally ill individual to accept that the development of any degenerative disease is the result of their own poor nutritional and lifestyle habits since their birth. In some instances, the hand me down genetic weaknesses from either or both parents can set the stage for further physical corruption or if addressed adequately, maintain the inherent genetic weakness in stasis so as not to allow it to fully develop in their lifetime. Mostly though, the individual’s lack of nutritional knowledge was never passed onto them by parents, academia, nutritional or medical learning. Their nutritional and lifestyle habits are largely the end product developed by growing up at home, watching television commercials, television shows, movies and participating in unsound nutritional fads and diets that abound throughout society every few years as the cure all solution for weight management and maintenance.

Did drinking excessive alcohol, smoking and consuming processed fast foods laden with preservative chemicals cause my disease? If I have only consumed the leanest animal corpse meats and parasitically consumed mucus dairy products, I do not see the correlation with my disease formation may be a common response from an ill informed person. Is my disease formation a result of a lack of exercise or perhaps my habit of going to sleep after eating late that caused my disease? Did I

use my microwave too often to prepare my popcorn, reheated pizza and television dinners up to this point in my life? Was it too much food consumption or some other toxic, processed and chemically saturated food that was devoid of organic vitamins and minerals that contributed to my present diseased health state? Were the micro shards of iron in my fortified (inorganic iron and vitamins) morning cereal not absorbable or assimilated into my cellular structure and instead, physically impaled into my intestinal wall and joints where they basically rusted and accumulated inside of me over my lifetime? Did the same occur to my teeth and organs with the fluoride dispensed from the municipal tap water and toothpaste? Similarly, the inorganic calcium absorbed from the hard water source that accumulated in my joints all these years, causing painful rheumatoid arthritis in my hands, vertebra and other bones? So many questions and yes, they all lead to the same usual suspects as the source of human pain and suffering from preventable and curable diseases.

As many medical professionals and laypersons have discovered over the past centuries, food consumption choices and lifestyle habits have contributed to practically all human disease development in the body. The combination of improper food selection, consumption of contaminated foods (laced with chemical preservatives, dye coloring, sugars, salt and other synthetic chemicals, etc.) and an already weakened or dysfunctional gastro-intestinal system are the perfect storm combination for development of any type of disease formation.

The more an individual learns about the human digestive system, the better they can operate and maintain their own body. The book “***Instruction Manual For The Human Body***” by the author provides a basic understanding of these topics. These same concepts and principles have resonated for thousands of years in human history, constantly rediscovered, only to be discarded and forgotten once again by the new sciences and technology. The modern era of today offers only a return to sickness and disease formation, by deviating from nature’s true teachings of the human body and its proper nutritional protocols.

What are the proper, wholesome foods for the human body avatar to consume in order to supply it with all the requisite energy to function and operate on a daily basis? Natural law indicates that practically all fruits, vegetables, nuts, grains and seeds are the foods intended for human consumption. Animal meats, fish, poultry and their byproducts (eggs, milk, cheese, ice cream, butter, etc.) are not the intended foods for human consumption. Yes, these can be consumed by man in times of cataclysms and disasters, but are not man's true sources of nutrition. A simple argument is that mankind can murder, kill and eat other humans to obtain their nutritional requirements in this same manner. Does this make it correct to do so?

Mankind's teeth are designed to finely chew soft foods like fruits, nuts, vegetables and alike, not slash, rip, crush and shred raw and living animal flesh, cartilage and bones. Simply bypassing the farm animal food chain (animals raised to be murdered and eaten) and directly consuming wholesome vegetables, fruits, nuts, grains and seeds will actually increase the absorption and assimilation of these vitamins and minerals more efficiently, resulting in increased human nutrition in comparison to the consumption of animal flesh.

An even more important argument against erroneous animal protein food consumption and lifestyle habits is that mankind does not possess the strong gastric acids needed to dissolve bones and flesh in their raw or even cooked states. Will a lion stop to cook its prey or consume it whole, along with the attached bones? If a human were to attempt to chew and swallow raw flesh, cartilage and bones, most will vomit and experience massive intestinal disorders (e.g. diarrhea, etc.). The human body was never intended to be a morgue for the many different animals species that are killed, butchered and devoured. Is it necessary to scorch with fire any fruit or vegetable before consuming it in order to make it visually and orally palatable for human consumption? If cooking fire was not available, would mankind still errantly continue to consume raw animal flesh that destroys the human body and spirit in so many ways? The decaying animal flesh consumed is filled with negative energy adrenaline that was excreted into

the animal's bloodstream during its horrific murder. The flesh consumed possesses this and other toxic chemical excretions that are ultimately absorbed into the human bloodstream. You are what you eat. Are you a reflection of a murdered and rotting animal carcass without life energy or are you building your body with the life force of the many plant based proteins and foods that are intended for human consumption and subsistence?

A simple analogy to describe the energy or vibrational life force of any plant or animal can be made utilizing samples of each category in a garden. If a pork chop, fish, meatball, cheese pizza, hamburger or any other processed animal based food is planted in a fertile soil garden, what will grow from it? Nothing, it will merely rot and putrefy in the soil and attract rodents and insects from the decaying odor. If an orange, apple, carrot, pineapple, nut, bean, alfalfa, grain or other similar plant food/seed is planted in the same garden soil, these with seeds will grow into new crops of itself. The reason why they grow is because they were alive when they were planted, thus propagating new life from within itself. This positive life energy force is absorbed and assimilated into the human body when consumed without destructive heat or cooking. These live foods are life itself for the human body. These are the types of organic, plant based foods that are intended for mankind's consumption during their lifespan. If this positive lifestyle habit is adhered to faithfully, the longevity of any individual will undoubtedly be extended and also be devoid of the formation of degenerative diseases.

This same food selection process is instrumental in returning physiological homeostasis to the body in the curing and healing process. By removing those improper foods that are harmful to the body, and replacing them with live foods, the healing crisis can take place. The book "***Iridology Simplified***" by Dr. Bernard Jensen describes this process whereby any diseases that are dormant or isolated anywhere within the body are systematically reversed out of the body through strengthening of the body itself, which expels the disease out and allows systemic healing of the body to occur.

The individual will re-experience any previously experienced disease that had been in hiding, but the outbreak will be to a lesser degree than was originally manifested at any point in their life. These healing crisis signs are reflected in the iris of the eyes (Iridology). These signs reaffirm the body is naturally recovering and returning to systemic physiological homeostasis and curing/healing. Basically, the body is expelling the old cells and replacing them with new cells. All the while removing any hidden or tucked away morbid material that can serve as the catalyst for any future disease manifestation. A quote attributed to Hippocrates:

“Let food be thy medicine and medicine be thy food”

- Hippocrates

Humanity has been purposely misled in so many ways to follow a path of self-destruction by different groups that claim dominion over human health and promote the laws that rule over mankind. Some are food conglomerates, chemical companies, pharmaceutical companies, eugenicists who strive for global human depopulation and other nefarious characters as well. The common denominators for all disease formation are improper foods and injurious lifestyle habits. A healthy and strong immune system is almost invincible against any type of disease or ailment. The fraudulent and irrelevant “germ theory” of sickness can never take foot in a healthy body with a strong immune system. Only when the body is physiologically imbalanced and dysfunctional can disease take root in any part of itself. Herein lies a pillar of human health that is commonly overlooked and bypassed in support of toxic pharmaceutical medications that only provide symptomatic relief, never curing the body of the disease(s).

The constantly regurgitated phrase of the irrelevant “scientific method” is used to analyze and determine whatever preconceived or bias outcome is desired by those in power who always advocate to convince the public of its merit. The outcomes of the scientific method protocol have time and again been skewed, manipulated, suppressed, distorted and

used to reinforce an already preconceived outcome that its benefactor or promoter have intended to manifest. These are typically in support of whatever medication, medical protocol or other self interested outcome they desire. As such, the scientific method of analysis is worthy of nothing in the world of natural curing and healing of the body. Its partisan and biased use disqualifies it from any real sense of transparent analysis and conclusion in any field it is applied to. It is merely a tool used to further mislead the public into accepting a pre-defined outcome that does not suit their best interest, even less so in health related matters.

A simple example of improper food consumption and lifestyle habits is demonstrated by any random individual who mainly consumes a western diet with fried or greasy foods. If the person consumes fried eggs, bacon, butter, milk and other foods for breakfast, followed by hamburger, pizza, fried chicken for lunch and maybe even fried fish and French fries (chips) for dinner. The absorption and saturation of oil used to fry the food is assimilated directly into the body's digestive system and bloodstream. The expected resultant outcome is not only the formation of a fatty liver over time, but severe dermatological issues on the face and throughout the body and scalp. The malodorous emissions from the skin will ooze sebaceous fluid that can become solid with lower temperatures (acne or pimples). Notwithstanding the physiological effect on the skin, the blood and lymphatic systems will become overrun with cellular wastes that can become lodged or obstructed, resulting in swollen tonsils (part of lymphatic system), boils or cysts anywhere on the body.

The development of boils/cysts on the skin is the body's self defense mechanism to immediately quarantine and expel the harmful and toxic wastes (toxic pus) that may otherwise reach any internal organ and cause injury or potentially death. To save itself from the toxins that would otherwise injure the body, it chooses to find the path of expulsion with the least resistance in order to live. In more chronic cases, where the process has been more slowly developed or the toxic waste accumulation has been irregular, the formation of psoriasis,

eczema and other skin diseases may result. The constant excretion of the toxic wastes through the weakest parts of the body skin will become the epicenter for the excretion of the poisons that would otherwise also be filtered in any individual or multiple organs, and result in their injury or death.

The human body avatar works together in a uniform and systematic manner. If one organ or system is dysfunctional and unbalanced, the other organs must compensate, accommodate and maintain the overall functioning of the body as a self-preservation response. Failure to accommodate and carry the burden of the weakened organ in the short term may result in premature death of the person. All systems and organs are related. For this reason, signs and symptoms of any disease are not necessarily correlated to the site of injury or disease manifestation. Hypothetically, the manifestation of a cyst or tumor on the breast may be the result of some other organ or system dysfunction, weakening the lymphatic system or immune system as a whole. The broad, whole body panoramic view must be taken into consideration, not a specialist to remove the prostate or left breast. The barbaric surgical and radiation protocols of human maiming and mutilation are not the appropriate methods to recover health.

Once an individual can grasp the basic understanding of how food consumption (proper and improper) and lifestyle habits (positive and negative) effect human health, it becomes clearer the cause and effect catalyst relationships that are responsible for the disease development and manifestation. As the nutritional and lifestyle knowledge is learned, understood and applied, so much faster these can be addressed and overcome. A consciously aware individual who has an open mind and is not constrained by conventional medicine indoctrination protocols can quickly cure and heal themselves, provided they don't interfere with the body's natural functioning systems. Toxic medications, improper foods (processed, animal proteins, chemically laden, other), harmful lifestyle habits, synthetic and inorganic supplements all contribute to destroying the human body avatar from the inside as well as the outside. Knowing is half the battle. The

other half is consciously applying what you have learned, not allowing others to lead you astray from healing and to make it work in a structured and beneficial manner over a lifetime.

Reference reading:

Medicina Gymnaftica by Francis Fuller (1718)
Return to Nature or, A Defence of the Vegetable Regimen by John Frank Newton (1811)
On Human Health; Elements of Hygiene by R Dunglison (1835)
Lectures on The Science of Human Life by Sylvester Graham, Vol 1 & 2 (1839)
The Tree of Life or Human Degeneracy by Isaac Jennings (1867)
The Food Cure for Constipation by Charles Hart (1895)
Fasting, Hydropathy and Exercise by B. MacFadden (1900)
The Fasting Cure by Upton Sinclair (1911)
Fasting For the Cure of Disease by Dr. Linda Hazzard (1912)
Colon Hygiene by Dr. J.H. Kellogg (1917)
Constipation: Cause, Prevention and Cure by Dr. G. Heald (1921)
The Conquest of Constipation by Dr. William Walsh (1923)
Constipation: Its Cause, Effect and Treatment by Bernarr MacFadden (1927)
Health via Food by Dr. William Howard Hay (1929)
Become Younger by Dr. Norman Walker (1949)
Herbal Home Health Care by John Christopher (1976)
Three Day Cleansing Program: Mucus-less Diet and Herbal Combinations by John Christopher
Curing the Incurables by John Christopher (1977)
Iridology Simplified by Bernard Jensen (1980)
Tissue Cleansing Through Bowel Management by Bernard Jensen 12th edition (1981)
Diet, Nutrition and the Prevention of Chronic Diseases Report, jointly by the WHO/FAO (2003)
Super Size Me, a documentary by Samuel Goldwyn (2004)
The Miracle of Fasting by Paul and Patricia Bragg, 50th Ed (2004)
The China Study by T. Campbell (2006)
Food Inc., a documentary by Robert Kenner (2008)
Under Our Skin, a documentary by Andy Wilson (2009)
CowSpiracy, a documentary film by Anderson & Kuhn (2014)
The Great Awakening by Jean-Paul O'Brien (2018)
Instruction Manual For The Human Body by JP O'Brien (2018)
Water, Salt, Milk – Killing Our Unborn Children by Kevin Galalae

Chapter 3

NATURAL CURES

There were many different medical doctors, natural health practitioners, scientists and laypersons who have researched and experimented different natural protocols for curing and healing their bodies throughout the different centuries of their existence. Each possessed unique circumstances and varied significantly in their overall approaches. Since no two individual's are 100% alike physically, any protocol applied between two individuals can also have different overall outcomes. The hypothetical analogy question arises: how many different ways exist to prepare a potato for consumption? The response is: there are more than fifty (50) different ways to prepare a potato for human consumption.

Similarly, the body may have multiple effective protocols to cure and heal any disease. The body is a marvelous creation of inexplicable beauty, strength, vitality, rejuvenation, survival, resilience and so many other descriptive terms. There is no one size fits all, or one protocol cure all against any type of disease. However, the central pillar of human health resides in the consumption of wholesome and nutritional plant based foods that are alive. Processed, microwaved or synthetic products that are stripped of organic vitamins, minerals and nutrition only masquerade as some type of semi-digestible garbage. These types of radiated and contaminated wastes are those typically found on incessant television commercials and irrelevant television shows forced onto the mass audiences.

The source of wholesome foods is not found in an urban supermarket. There one can only find contaminated and poisonous remnants of what may have once been considered

some type of food for nourishment. Typically, the only real food that can be found in any commercial supermarket is the common coconut. These may or may not have the protective green husk still attached. Otherwise, the common brown (huskless) coconut is the default found in most supermarkets. These coconuts are not known for being sprayed with chemical herbicides, waxy protective coverings to make them shine (like apples) and do not typically have preservatives, dye coloring, sugars, salt or other harmful ingredients added to them since they cannot passively penetrate the hard outer hull.

Every other fruit and vegetable in the supermarket has likely been previously radiated, sprayed with toxic herbicides on the farm (to kill off invasive weeds), toxic pesticides (to kill off harmful insects) or sprayed post harvest with wax or other toxic chemical preservatives like diphenylamine (DPA) and alike for display cosmetics. DPA is prohibited in most European nations due to its toxic health effects in the body. It adds luster and shine to fruits, vegetables and any other foods by inhibiting the bruising process of the foods. The many other processed, canned, packaged, pickled and dried foods all contain preservatives and many other similarly toxic chemicals. The meat, poultry, dairy, fish, eggs and juice sections all contain chemical preservative or hormonal ingredients that disqualify them all from being classified as food and are not fit for human consumption. In reality, of all the products sold in any commercial supermarket that I am aware of, none meets the minimum criteria of being natural and uncontaminated by man's hand, only the humble coconut.

In order to find wholesome, clean and nutritional fruits, vegetables, nuts, seeds and grains, one would have to grow them on their own property to ensure you know what you are consuming. A backup alternative is to procure the foods at trusted farmers markets that have credibility and reliability for not utilizing harmful chemical pesticides in their spraying programs (organically grown). Natural pesticides like NEEM oil have been used for thousands of years without side effects. Consumer beware of the foods selected for ingestion, your health relies on your knowledge, discernment and vigilance.

The other main component of human health is the realization that up to this point in a person's life, they likely were devoid of conscious awareness as it pertains to the physiological consequences of digesting those many pre-packaged pastries, candies and other products that also masquerade as some type of digestible garbage food to the masses. These accumulate, saturate and disrupt the human body avatar's ability to function efficiently and effectively. The inorganic vitamins and minerals systemically contaminate and injure the body in different organs and locations. Typically though, the majority of accumulation principally takes place in the digestive system, blood stream, lymphatic system, organs and joints.

These types of unhealthy deposits can manifest as constipation, gastritis, leaky bowel syndrome, prolapsed transverse colon, eczema, psoriasis, gout, arthritis, fatty liver, cancer, high blood pressure, arteriosclerosis and any other commonly diagnosed ailment of present times. In some instances, the same disease may have different names as a means to justify another unnecessary pharmaceutical poison to be prescribed to an unsuspecting populace as a medication.

The single most important catalyst for the development of any type of degenerative disease inside and outside of the human body is considered to be constipation in natural medicine. This single weakness in the body is artificially induced by poor food consumption and lifestyle habits. If an average person consumes three (3) regular meals per day, the same individual should realistically also have three (3) bowel movements (BM's) each day as well. This is indicative of a normally functioning gastrointestinal system. Anything less is typically reflective of a dysfunctional waste disposal system.

Here is a hypothetical and generic example of typical improper food consumption in the western world. The individual will consume eggs, toast, butter, bacon, milk, cheese, fruit, cereal, juice, pancakes and other foods from the food pyramid hoax chart for breakfast. At lunch, it can vary between pizza, hamburger, cold sandwich, fries, milkshake, sweet carbonated soda drink, hot dog and many other food

options. At dinner, perhaps a medium rare steak, fried chicken, potatoes, pasta, salmon, turkey, meatloaf or any other variety of animal meat proteins as the staple of their lifelong food indoctrination programming.

If yesterday three (3) main meals were consumed, today another three (3) main meals are consumed and tomorrow an additional three (3) main meals will be consumed, that equates to $3+3+3 = 9$ main meals over a consecutive three (3) day period. If the individual only has a single (1) x bowel movement each of those three days (1+1+1), then they will have a negative balance of $(9-3=)$ 6 BM's in arrears. Where did these other six (6) consumed meals go? They are still trapped inside of the gastrointestinal system, slowly winding themselves out via a lazy or obstructed bowel. In many instances, these merely become lodged into the intestinal walls, layer upon layer onto itself. This is sometimes referred to as "colon plaque" as well. This phenomena is normally depicted and identified as a distended abdomen or traditionally referred to as a "beer belly" with love handles. To take it a step further, how does any degree of constipation effect long term health? If in three (3) consecutive days the result is a balance of 6 BM meals in arrears, what would be the short and long term effect over one (1) month, one (1) year or even ten (10) years time? The abdomen would continue to expand outward and become filled with accumulated fecal wastes (beer belly) and the many ensuing skin, organ and systemic diseases would manifest and become exacerbated over time if corrective action were not taken (expelling of accumulated fecal wastes) to remediate this end result.

Perhaps improper food consumption is not entirely the root cause of constipation in the individual. Perhaps a potential root cause is the suppression of the urge to have a bowel movement as a result of office work environment stressors, holding it in until the person returns home for fear of unhygienic restrooms at work or school? Perhaps it is a combination of both poor food selection and suppressive lifestyle habits that have created the lazy bowel, distended abdomen, leaky gut syndrome, severe flatulence, foul breath,

diseased skin, acne, boils, fatty liver, cancer and other byproducts of a dysfunctional or even collapsed gastrointestinal system. Perhaps the constipation is so severe that an individual may not have a bowel movement for 1-3-5-7 consecutive days or more, but continues to consume three (3) full meals each day. There are known cases of individuals having a single bowel movement once every 15 or 30 days! The incomprehensible pain and suffering these types of individuals support must be unbearable. They likely will outwardly display aggressive personalities from the chronic pain they endure internally. It is not a question of if, but rather how soon these consciously unaware individuals develop fully blown degenerative diseases like cancer overnight. Their lack of knowledge on the operation and maintenance of the human body avatar will quickly be on display through the disease that manifests onto the scene without notice. The book “***Instruction Manual for The Human Body***” by the author provides a basic guide on the human body and addresses some of the related lower level knowledge on this topic that mankind requires for existence.

Constipation itself can be deemed as the number one cause of degenerative disease formation in the human body avatar. The consumption of improper foods that lack nutrition, filled with inorganic vitamins and minerals that get trapped in the bone joints while also developing a dysfunctional and lazy bowel (processed foods and animal corpse meats that are difficult to digest) all lead to the same destructive health path of terminal illness development. How many individuals who have suffered from intestinal cancer, stomach cancer and any other gastrointestinal disease would have opted to merely flush out their intestines, reduce their acidity level, alkalize their body and consume wholesome foods to regain homeostasis instead of having their intestines surgically removed and have a colostomy bag attached to their side for the rest of their lives? Conscious awareness was lacking in most, or the artificial emotion of fear was too far embedded into their psyche by conventional medicine sentinels that did not share the wisdom of natural law to cure the human body to permit them to act.

The irrelevant scientific method is the deity which conventional medicine worships, and when it calls for the sacrifice of a human organ or limb they are more than willing to offer up their patients' body part to appease their conventional medicine gods. Conventional medicine of modern times is systematically designed to only treat the patients' signs and symptoms, not to cure and heal them. This business sense of treating patients can be traced back to John D. Rockefeller in the early 1900's when natural healing protocols were pushed out of the United States through legislation and unilateral control and oversight was given to the American Medical Association (AMA). Every generation since then has suffered and endured the consequences of this hostile takeover of the healing art of natural medicine by toxic chemical poisons and unnecessary barbaric surgical protocols of modern medicine butchery.

In cancer for example, there are more than three hundred (300) different known natural cures for cancer. In the book "**Cancer Cures**" by the author, it discusses more than a dozen of the most profound natural cancer cures that have been suppressed, slandered, ridiculed and discarded by the sentinels of the cancer business. Many of those individuals who followed the protocols were able to live years and decades after their successful self-treatment, cancer free. The expiration date for their bodies they were given by their conventional medicine sentinels came and passed without fanfare while those who clung to conventional medicine typically never survived a few short months or years of surgeries, radiation and toxic medication poisoning.

Most cancer patients never reach the five (5) year milestone of surviving to be classified as being healed by conventional medicine, thus suppressing the dismal statistics of cancer survivability (less than 5%) with those protocols. Those individuals who dispensed with the unnatural and unnecessary emotion of fear became psychologically and emotionally emancipated to blaze their own health protocol and ultimately, cured and healed themselves without surgeries, radiation or toxic medications. The cure was always before

them; the consumption of wholesome foods and the expulsion of accumulated toxins, wastes and parasites from their bodies were the catalysts. Once purged of those morbid and harmful wastes from the intestines, blood and lymphatic system, their bodies could naturally return to physiological homeostasis.

Fasting: One of the most overlooked methods of naturally healing and curing the body is the regular implementation of “fasting”. The process by which an individual limits the ingestion of foods over a set period of time so as to allow the gastrointestinal system to process and expel the already accumulated toxic wastes from within itself. The lack of newly ingested foods allows the body to redirect blood and digestive energies into processing out those morbid and toxic wastes that have been accumulated, compacted or become stagnant as a result of over consumption of foods. The congested intestines can create an environment that subsequently results in a lazy bowel. If the intestinal system (peristalsis) is dysfunctional or lazy, then it cannot naturally process and expel the digestive wastes, resulting in varying degrees of constipation, gas and ultimately, the formation of degenerative diseases from this same morbid and putrid waste material. An active bowel will continue processing out the fecal wastes and help maintain a healthy digestive system.

The book “**Health via Food**” by Dr. William Hay, “**The Fasting Cure**” by Upton Sinclair and “**Fasting For The Cure of Disease**” by Dr. Linda Hazard all chronicle their many case studies and successful experiences in healing their patients merely through the implementation of a controlled fasting protocol. In many instances, patients who arrived with very advanced stages of illnesses were able to heal their bodies within 30 days and return to a normal life. Those patients who returned back to their injurious food consumption and poor lifestyle habits would typically succumb once again to their previous ailments and in some instances were fatal. Their lack of commitment to healthy food consumption habits and positive lifestyle changes resulted in their accelerated physiological and mortal demise.

The knowledge of fasting has existed for thousands of years and continues to be practiced in some parts of the world as a cultural way of life. In western societies, the conventional medicine indoctrination programs frequently dismiss or look down upon the perceived primitive practice of fasting and instead, place their unwavering faith in chemicals compressed into a capsule for healing their patients. This closed minded approach does not favor the well being of their patient/victim in any form. An informed and determined individual knows better than to allow medical egos to reign over their health protocols. Knowledge is power and a patient cured and healed is a customer lost. Remember that when meeting with any conventional health professional, they may be too invested in conventional medicine indoctrination academia protocols to help recover your health in any capacity at that point. If in a 15 minute physical examination, whereby the physician barely looks at you or inquires in depth about your past history food consumption habits, bowel movements and other relevant information, then consider contracting a new physician. This person likely cannot help you, no matter what conventional medical certificates are tacked up against the wall. They lack knowledge of natural laws and healing of the human body to be of any assistance to you.

Colon Cleansing: Similarly, the lazy bowel syndrome, leaky gut syndrome, gastritis, and various other intestinal diseases/syndromes are also typically the result of these same morbid and toxic waste accumulations in the intestinal tract. When slow moving and excess fecal wastes accumulate in the transverse colon for example, this excess weight can result in its prolapse, pushing downward onto the uterus and bladder in females (potentially exposing a prolapsed uterus) and the bladder/prostate in men, resulting in frequent, painful urination both day and night. The cause and effect cycle of any dysfunctional organ or system can manifest as a secondary sign and symptom on any other part of the body. The frequent urination has nothing really to do with the prostate, but rather the fecal wastes in the transverse colon pushing down on both the bladder and prostate via gravity. How effective are bladder and prostate medications or surgeries when the root cause is

the collapsed transversal colon with fecal wastes in it, pushing down onto the bladder and prostate causing pain? Similarly for the female with a frequent need to urinate. What is the root cause to cure, not the signs or symptoms to treat?

The book “***Tissue Cleansing Through Bowel Management***” by Bernard Jensen provides extensive information, case studies and photographic evidence of complete healing and curing of their patients by cleaning their gastrointestinal systems and correcting their improper food consumption lifestyle habits. The photographs, illustrations and depictions of various case studies demonstrate firsthand the root causes of the distended abdomen (accumulated and stagnant fecal material), gastric reflux, fatty liver, kidney, liver and other ailments. All organs serve specific functions and when one is dysfunctional, it effects the other organs around it.

In an average colon cleanse/flush performed on an individual, the morbid fecal waste material expelled is typically between 2kg (4.4 lbs.) and 10 kg (22 lbs.) in the span of only 4-6 hours. The individual at first feels tired, but within 12-24 hours feels much lighter in body and with an increased overall amount of energy. Rightly so, given the body no longer is carrying the excess (dead) weight in their abdomen that may have been there for decades. This consequently results in their spine becoming straighter with their new center of gravity now coming closer to their spine. Previously, it may have been extended forward several inches to a foot or more in extreme cases of abdominal distention. The fecal and toxic waste material expelled is typically extremely dark, malodorous and in many cases, floating evidence of multiple parasite species corpses are visible to the naked eye.

The book “***New Body New Life***” by the author, chronicles his firsthand experiences to this effect. The personal journey of discovery, conscious awareness and recovery of health were nothing short of a miracle. The many different species of parasites, colon plaque, fungus, transparent biofilm material, gallstones and other vile material validated the previously unknown internal infestation of the parasites and wastes that

each were contributing to poor health and disease formation. Once expelled out of the body, dramatic and at times, miraculous curing and healing of the body organs and systems were immediately experienced. The previously robbed energy by the parasites suddenly became available to the body and manifested as increased energy levels not seen in decades.

There is no “magic bullet” or pill that can return health to a neglected human body avatar in an hour, day or even a week. It requires conscious awareness, sound health knowledge, intestinal fortitude and a will to live for any natural protocol to return physiological homeostasis to oneself. If it took you 10-20-30-40-50-60 years or more of improper food consumption and lifestyle habits to develop a degenerative disease, what makes you think 2 pills, twice a day for 10 days will cure you? In reality, it may take days, weeks, months or even a few years to rebuild the body back to maximum performance from its debilitated state. The indoctrination of the global populace into consuming toxic medications, abdicating to barbaric surgeries and amputations, voluntarily irradiating the body with deadly radiation as the only remedies of conventional medicine to the masses has been very successful to date. The marketing and advertising campaigns on television falsely depict patients recovering with incessant prescriptions of toxic chemicals. Nothing could be further from the truth. True health can only be achieved through factual health knowledge, understanding and application of the basic tenets of human health principles.

There are many natural cures that exist throughout the world. The aforementioned cleansing protocols are more prominent in non-western societies that have not embraced the western diet as the prime source of protein nourishment. The above are passive natural protocols and do not require extraordinary effort to implement autonomously. The more you learn and discover, the more enlightened and healthier you shall become.

Reference reading:

The Natural Cure of Consumption By Dr. C Page (1884)

The Fasting Cure by Upton Sinclair (1911)

Fasting For the Cure of Disease by Dr. Linda Hazzard (1912)

Health via Food by Dr. William Howard Hay (1929)
The Grape Cure by Johanna Brandt (1929)
On the Origin of Cancer Cells, by Dr. Otto Warburg, Science Magazine, 24 February 1956, Volume 123, Number 3191
I Was “Canada’s Cancer Nurse” by Miss Rene Caisse, R.N. (1966)
Herbal Home Health Care by John Christopher (1976)
Three Day Cleansing Program: Mucus-less Diet and Herbal Combinations by John Christopher
Fresh Vegetable and Fruit Juices by Dr. Norman Walker (1970)
Herbal Home Health Care by John Christopher (1976)
Curing the Incurables by John Christopher (1977)
Tissue Cleansing Through Bowel Management by Bernard Jensen 12th edition (1981)
Calling of An Angel by Dr. Gary Glum (1988)
Hoxsey: How Healing Becomes a Crime, film by K. Ausubel (1988)
How to Conquer Cancer Naturally by Johanna Brandt (1989)
The Essence of Essiac by Sheila Snow (1993)
The Adam and Eve Story (The History of Cataclysms) by Chan Thomas (1993)
Flax Oil as a True Aid Against Arthritis, Heart Infarction, Cancer and Other Diseases by Dr. Johanna Budwig (1994)
There are No Incurable Diseases by Dr. Richard Schulze (1999)
When Healing Becomes a Crime: The Amazing Story of the Hoxsey Cancer Clinics & the Return of Alternative Therapies by K. Ausubel (2000)
The Amazing Liver Cleanse by Andreas Moritz (2000)
Dead Doctor’s Don’t Lie by Dr. Joel Wallach (2004)
Death by Modern Medicine by Dr. Carolyn Dean (2005)
Timeless Secrets of Health and Rejuvenation by A. Moritz (2005)
Fungus is a Cancer by Dr. Tullio Simonchino (2007)
Cancer - The Problem and the Solution by Dr. J. Budwig (2008)
Hoxsey Therapy: When Natural Cures for Cancer Became Illegal; the Autobiography of Harry Hoxsey, ND, by Harry Hoxsey (2009)
The Patient Handbook by Dr. Richard Schulze (2009)
The Complete Essiac Essentials by Mali Klein & Sheila Snow (2010)
It’s The Liver Stupid by James Robert Clark (2014)
New Body – New Life by Jean-Paul O’Brien (2017)
The Great Awakening by Jean-Paul O’Brien (2018)
Instruction Manual For The Human Body by JP O’Brien (2018)

Chapter 4

WATER CURE PROTOCOLS

Throughout recorded history, there are individuals who have randomly stumbled across cures for all types of different ailments and diseases merely by accident. In others cases, individuals researching ancient texts and hidden away knowledge of sages have also been able to rediscover cures that had been locked away from public consciousness for centuries. It is amazing to comprehend at times, there is nothing new in the world to discover, only what you do not presently know. It all already exists and is merely waiting for you to rediscover it in a library or archive somewhere. You can be certain it will not be found on a television show or some other distractionary media outlet that is designed to entertain and indoctrinate, not educate and liberate the conscious awareness of the global masses.

Water cures (Hydrotherapy) date back thousands of years to the ancient Greek period and later the Roman period. Aristotle, Plato, Hippocrates and others used its healing and curing powers on their own patients and chronicled their findings in some of their literary writings. The variations on how the fresh water, mineral spring water, thermal spring water or sea water is used differ in some instances, but mostly, they agree to its therapeutic and curative powers in one capacity or another. The hot bath, cold bath, steam bath and many other variations of application versus none water protocols. Also, the use of dry blankets or wet sheets to artificially induce and increase the internal core body temperature so as to promote natural, external perspiration.

Whether it is a wet half wrap sheet, full wrap sheet, limb wrap or dry full wrap blanket and others, each protocol positively

induces and affects the body to cure and heal itself instinctually. The external cold water application versus internal ingestion of cold water, complemented with dry blanket or wet sheet therapies will provoke the intended healing crisis outcome needed to cure and heal the body.

The water cure method of function, its effects on the human organism and its many different ailments or injuries treated results in different therapies and outcomes on specific organs and parts of the body. Like the previously discussed 50 different ways to prepare a potato for consumption, there are many different water cure applications and methodologies utilized to heal those who are ill or diseased. The scope and depth of this book cannot capture the many-many specific details of the different water cure protocols. These can be better understood, assimilated and extracted after an in depth review of their individual book writings that are identified at the end of each chapter. The cures for practically all diseases and ailments are within reach in any of the referenced books. To include each individual water cure protocol in detail herein would convert this short book into potentially thousands of pages of information. This book serves as a brief synopsis of select protocols and their related history for the reader's perusal awareness. Individual research will expand the reader's overall knowledge on how to cure and heal self.

Vincenz Priessnitz (1799-1851): In the early 1800's, a young Austrian farmer named Vincenz Priessnitz suffered a severe injury to his thorax/rib cage after an accident with a horse and buggy. He was examined and told he would be a partial invalid for the remainder of his life with limited mobility. He did not conform to his bleak future forecast and embarked on a program to heal himself. He deduced that farm animals could be treated with cold water wraps/compresses and healed, thus his broken ribs could also be reset and healed using the same veterinary protocols of the period. In a short span of months/years, he fully recovered his physical health and embarked on learning more about cold water cures and applying them to treat human illnesses by utilizing cold fresh water. Just like he had done for himself, he wanted only to

utilize the nearby creek/spring water adjacent to his farm in his protocols. His reputation and renown for healing the sick quickly grew regionally and then internationally, to the disdain of the conventional medical community that, at times, made every effort to shut his cold water cure practice down.

The young Priessnitz was able to develop multiple protocols for healing all different types of health diseases primarily with the use of cold water, wet sheet treatments and medicinal herbs. His cold water cure was able to treat, cure and heal his many patients, to their delight. It is estimated that by the end of his life in Austria, he had treated in excess of 40,000 patients at his wellness clinic. This did not include the many other water cure wellness clinics that had sprung up around the world in his image, mimicking and applying his water cure protocols to treat the sick and diseased. Most illnesses and diseases were treated and cured, however literature indicates he would reject treatment to those academically over educated individuals whose ego would interfere with the water cure treatment protocols.

The disbelief and argumentation with the academic learned patients (who had given up on conventional medicine) were intent on promoting those same failed protocols in lieu of the simple cold water cures. One can deduce that Priessnitz likely tired of arguing with those types of closed minded patients who disbelieved the therapeutic and curative properties of cold water. Priessnitz likely stated at some point in his life that if conventional medicine was so effective to them, then why were they there seeking treatment with his cold water cure? Why not return to the same failed conventional medicine protocols in lieu of slandering and degrading a harmless cold water cure that has saved tens of thousands of patients from rheumatism, diabetes and so many other diseases of the period? The book “***The Cold Water Cure***” by William Strange and the book of the same name “***The Cold Water Cure***” by Richard Beamish, both chronicle Priessnitz’s protocols and many case studies to attest to the cold water cures effectiveness. Other books in the reference reading

section at the end of the chapter also capture additional writings and testimonials on this natural healer of the day.

The dry blanket (for producing internal heat and superficial perspiration) or sweating protocol, and the cold water cure process draws out diseased, toxic and morbid material from the blood, lymphatic system and internal body, pushing it out to the surface of the skin via perspiration. Once expelled, the body can rebuild new tissue with healthy body building materials (wholesome foods). This is a common denominator step in many of the other various water cure protocols that have existed over the centuries. However, the real catalyst behind the curing and healing is believed to be the cold water itself, not only helping to destroy and expel the morbid material, but also strengthening the body so it can defend itself naturally through its immune system (e.g. increased vitality). The artificially generated perspiration or sweating is deemed superior to vapor baths, as it does not negatively effect or interfere with the respiratory or circulatory systems in the cleansing process.

Priessnitz's self taught protocols of curing human illness and diseases with the simple use of cold water is a testament to the human body avatar's innate abilities to heal itself. Provided mankind does not interfere with the natural curative process by consuming toxic chemical medications or improper lifestyle habits, physiological homeostasis is achievable. Interestingly, Priessnitz never limited a patient's food consumption habits, generally speaking, but they should only drink clean water and no other fluids. This, in itself, is an interesting contradiction to modern day conclusion that animal meat based proteins are less healthy than plant based proteins and contribute to degenerative disease formation. The book "***The China Study***" by T. Campbell provides over 30 years of statistical data that supports the plant based protein diet is more healthy than the animal meat protein diet (aka the western diet), resulting in less degenerative diseases.

The information and experience that Vincenz Priessnitz compiled on the cold water cure protocol during his lifetime

faded into obscurity practically overnight in human history. Just as quickly as he had implemented its use, it was slowly forgotten upon his death. Many years later a sickly young man who was aspiring to enter the clergy service was rejected due to his deteriorating and incurable health. This individual stumbled across an old book on the “Water Cure” and forever changed his life. This re-discovery of forgotten knowledge would cure, heal and change the young man forever. Subsequently, he was able to cure and heal thousands of his own patients in the ensuing decades using the foundation of Water Cures established by Priessnitz. This young man who cured and healed himself would later become a great healer himself. His name was Sebastian Kneipp.

Sebastian Kneipp (1821-1927): Research literature indicates Father Sebastian Kneipp was destined for an early grave in his youth. Only by accident did he stumble on a worn out and unremarkable book on water cures. He took it to heart, applied the principles of the water cure and saved his own life, where conventional medicine could not and labeled him incurable. He was then able to enter into the clergy and continue his lifelong study and application of the water cures. Over time and many decades, he experimented, altered and modified some of the strong water cure protocols to address the physically weaker and older patients who lacked the strength or vigor to tolerate the strong cold water therapies. He thus tailored them to be less strenuous, but of longer duration so as not to throw the patients into physical shock. In some instances, the patients were so weak and frail that the application of any cold water cure therapies would likely have resulted in their death. His wet sheet and dry blanket protocols followed in the footsteps of Priessnitz and are a centerpiece of many of the protocols used on his patients.

Sebastian Kneipp wrote several books over his lifetime while practicing his profession of religion in Germany/Bavaria. In his latter years of life, he revised some of his earlier protocols to reflect his final conclusions on human health and curing of diseases with the use of cold water cures and medicinal herbs. It is unknown how many tens of thousands of patients he was

able to cure during his lifetime, but his legacy continues in some parts of Europe even today. There you can find water healing parks that bear his name. His cure protocols also limited the overall amount of time exposed in cold water to be three (3) minutes or less, depending on the illness and physical state of the patient. In the books “**My Will**” and “**My Water Cure**” by Father Sebastian Kneipp, he succinctly describes his many water cure protocols, along with illustrations, diagrams and photographs that depict the different positioning of the wet sheet wraps and dry blanket layering around the body for each treatment protocol.

His different protocol variations of wet sheet wrapping around the torso and body were effective in healing the abdomen, reducing or eliminating completely the development of intestinal gas (flatulence) in his patients among many other ailments. Other variations of his protocols like vapor baths for the feet resulted in eliminating the morbid material that had accumulated and been deposited in the feet. The patient’s chronic cold feet syndrome disappeared while improving overall blood circulation in them, and the rest of the body. Foot soaks using hay-flower (hay straw and residual material) along with oat straw combinations would nourish and restore the feet after expelling the dissolved and morbid wastes. This protocol would normally require one (1) vapor foot bath per week x 4 weeks to dissolve and sweat out the morbid wastes and also one (1) hay flower/oat straw foot bath each week for their overall nourishment, rebuilding and strengthening.

Sebastian Kneipp had an amazing selection of water cure protocols to cure and heal practically all diseases simply through the use of common cold water and a few natural plants and herbs. Similarly, he could bring warmth into cold feet extremities simply by having the individual perform a knee or hip bath of cold water for 1 to 3 minutes before going to bed. The cold water shock to the lower leg would activate the body’s internal heat generation and within a short time, the warm blood would circulate to the feet and envelop them when the person went to sleep. It is common for an individual who suffers from cold feet, and who uses socks to keep warm

during the night for years, to suddenly dispense with their use from that point forward (vapor bath, foot bath or cold water knee bath). The cold feet being the result of poor blood circulation, likely also congested or clogged with morbid wastes that are trapped in the capillaries, veins, arteries, lymphatic system and feet. Once the morbid material is dislodged, dissolved and removed via perspiration and new blood flowing in with oxygen and nutrients, and out with the wastes and debris, the feet return to normal functioning via blood circulation and warmth. Some of the different types of wet sheet and dry blanket wraps are: head, neck, short, full and foot. The “Spanish Mantle” wrap is a full body wrap similar to a fully enclosed cape. This wrap allows for the whole body to simultaneously experience the hot water vapor and perspiration healing properties of the protocol.

Rene Quinton (1866-1925): Unquestionably one of the most renowned natural sea water cure healers of his time, Rene Quinton was able to cure and heal thousands of his patients during his lifetime. It is reported that when he died, thousands of mourners from all social stratus levels attended his funeral. Such was his reputation of healing the incurable and curable diseases that they honored him at his funeral with their presence. A quote attributed to Plato on sea water:

"The sea cures all ailments of man." - Plato

Quinton was able to utilize sea water (also known as ocean plasma or marine plasma), filtered of sediments and devoid of live organisms through a passive sterilization process as his cure for diseases. The ocean water plasma was effective in healing his patients by nourishing each cell in the body, maintaining them alive. The many organic and trace minerals in the plasma sea water are the same as needed by the human body avatar on a daily basis. The consumption of up to a cup of filtered and cleaned sea water plasma (taken in sips throughout the day) would expel toxic wastes out of the body while simultaneously rebuilding it with the many organic trace minerals. In one popularly known laboratory experiment he performed, a dog was bled out to the point of near death

through an arterial vein cut. The volume of blood lost was replaced by Quinton's sea water plasma and the dog lived. The next morning the dog was walking about normally as if nothing had happened. The dog is reported to have lived for an additional 5 years before a fatal traffic accident took its life. It is a testament to the similarity of sea water plasma to blood, virtually interchangeable. He demonstrated that bad blood could be replaced with sea water plasma (to a point).

Also, the consumption of sea water plasma would act as a natural laxative, expelling putrefied and morbid wastes accumulated inside the gastrointestinal (GI) system. It is common to expel fecal material in abundance during the first few days of the sea water treatment protocol, after which the body begins its healing and reconstruction phase when ingesting wholesome and nourishing foods. As in other protocols, the body must first expel the accumulated wastes and toxins that are responsible for the estimated more than 90% of all diseases in order to cure and heal itself. This common denominator further corroborates the conclusion that the body can naturally heal itself, if allowed to do so by the consciously unaware spiritual occupant of the human body avatar (does not interfere with the natural healing process).

Quinton's unique and unorthodox approach to curing and healing his patients' diseases through the ingestion of sea water plasma is yet another example of how natural water cures can heal the human body avatar from the inside or outside, without the use of toxic chemicals, radiation, radical surgical butchery or mutilations. Any type of treatment protocol should be judged by its effectiveness, not by its unorthodoxy in relation to conventional medicine quackery. Just as the many other health cure pioneers discussed in this book, their knowledge, statistics, protocols and testimonials are too great in number to be fully captured and appreciated in this limited book writing. In his famous book "***L'eau de Mer, Milieu Organique***" (*Sea water, Organic Medium in English*), Rene Quinton chronicles his protocol and methodology behind it. His many thousands of cured and healed patients provide what the irrelevant scientific method

of science cannot produce, thousands of survivor testimonies that would otherwise have had their voices silenced by incurable conventional medicine protocols, instead of the naturopathic water cure protocols that healed their bodies.

Dr. Benedict Lust (1872-1945) & Inventor Cristo

Parasco: This unique discovery of utilizing hot water to cure diseases and illnesses by a young Greek-American in the United States is a testament to the therapeutic and curative powers of water on the human body avatar. Cristo Parasco discovered that by laying down under the shower head and exposing the body to a continuous gravity flow of hot water droplets (106 to 110 degrees F), at the most beneficial height of between 10 and 14 feet off the ground. The protocol was continuous for 8 hours, but could be broken down into two (2) hour treatment blocks. The human body would experience amazing therapeutic and healing effects as a result of the prolonged hot water therapy. Time and again, physicians, laypersons and others alike would apply the hot water droplet protocol in 2 hour blocks or more and experience these same miraculous healing effects that Parasco used to heal his own disease. The hot water shower droplets would be dispersed evenly over the entire horizontal body, ensuring no areas were omitted from the droplets onto the skin by rolling on the side, back and front parts of the body.

The conjecture as to the mechanism of curing and healing centers on the repetitive impact of every square inch on the skin with hot water droplets, gently dissolving (by the heated water) any morbid materials hardened or trapped in the lymphatic system, blood and skin while also applying continuous pressure on the lymph material to flow out of any stagnant areas within the body that it is trapped in. The excessive height from which the hot water is dropped exerts positive gravitational pressure on the skin's surface of more than 2 million pores. The heat and impact pressure all work in unison to cause the beneficial therapeutic effect of also injecting oxygen atoms into the skin pores, oxygenating the body, expelling out the stagnant blood, lymph and other morbid toxins out of the body in order to be replaced by new

blood, oxygen and building block nutrients. The book “***The Fountain of Youth or Curing by Water***” by Dr. Benedict Lust illustrates and chronicles the hot water cure protocol. Just as previous inventors and practitioners of water cures, each protocol produces curing and healing outcomes that have been previously unattainable through conventional medicine protocols. Should any healing and curing protocol be discarded for its unorthodoxy or should it be individually evaluated and judged, based on successful patient recovery outcomes? If conventional medicine protocols have failed to cure or heal the patient, but any variation of water cures or herbal plants achieves curing and healing of the same patient, the protocol should be deemed effective and worthy of its continued use throughout the world. Parasco’s discovery was incorporated and implemented by Dr. Benedict Lust into his medical practice, given that Mr. Parasco was not a licensed medical practitioner by conventional medicine, he was thus legally prohibited from treating any patients or risk being jailed in the USA if he did so.

Bernard Jensen (1908-2001): This naturopathic healer (chiropractor, Iridologist and other specialties) stood shoulders above many other natural healers around the world during his day. His official training in chiropractic medicine led to discovering other healing techniques, protocols and areas of natural medicine that would also later result in the expansion into the new field of “Iridology”. His use of the wet sheet treatment, medicinal herbs and others paralleled the peers of his time.

Dr. Jensen’s in depth research, analysis and application in Iridology are one of the most neglected and overlooked medical discoveries of human history. He was able to further refine what his early Iridology predecessors had established as the foundation for this new field of healing. Just as cold wet sheet treatments vary or are refined with each new generation of practitioners, so he was able to catapult Iridology into a new level of refinement. Even today, long after his passing, Iridology continues to produce unparalleled dividends to passively analyzing and assessing human health. Ultimately,

identifying and confirming all types of disease formation, which in turn results in curing and healing protocols to be implemented for the many diseases that conventional medicine protocols have long since abandoned and labeled as incurable. The basic premise of Iridology is the non-invasive and superficial examination of the eye (pupil). Observation and notes are taken that identify where the physical anomalies are manifested on the eyes. Whether there is discoloration, pocket formations, irregular erosions or other physical transformations of the eye, each individual area correlates to different parts of the human body (both internal and external). His many decades of study and practice clearly demonstrated and concluded that by analyzing the patient's eyes passively, a more accurate analysis could be achieved with nearly 100% accuracy in his medical practice. Diseases that had not manifested or were undetectable in laboratory tests could be detected in their early formation via the analysis of the eyes.

A very important discovery by Dr. Jensen was the correlation between the patient's full recovery and the healing crisis that each would experience in the process. This entailed the reversal out of hidden or latently hibernating diseases in the body. Through Iridology, he would be able to determine when the disease outbreak (expelling out of the body) would occur, usually in lesser severity than the original disease manifestation earlier in the patient's life. Where remnants of the original disease had previously lay dormant or been suppressed, the healing protocols implemented by Dr. Jensen on the patient would result in the body becoming strong enough, by itself, to finally and fully, release and expel the chronic or dormant disease out of the body. The body had been too weak or dysfunctional up to this point prior and thus could not expel the disease by its own strength. Basically, there was no place left for the disease to continue hiding once the body became strong enough by itself, thus not only curing, but healing the patient completely of the disease.

Dr. Jensen truly stands above many of the world's greatest healers. Why is his name not known to you? A likely reason may be that his natural protocols did not require toxic

medications, surgeries, radiation, chemotherapy or other mutilating or barbaric surgeries that would maim or scar the patient for life. Anyone who wants to really know what state their physical body is in should see a certified Iridologist to obtain a real snapshot of their present health. It is passive, non-invasive and can even be self-performed simply by reading any of his related books. In his book “***Iridology Simplified***”, Dr. Bernard Jensen provides the reader all the tools, case studies and testimonials needed for a self-diagnosis. Many a patient has been cured of a previously incurable disease simply by comprehending where their body was dysfunctional and taking corrective actions. Like so many other naturopathic health practitioners, once true health knowledge is obtained and understood, the realization sets in that there really are no incurable diseases. Conventional medicine is false medicine, intended to treat the symptoms with toxic placebo medications, not to cure the patient.

John Christopher (1909-1983): As a naturopathic doctor (ND), Dr. John Christopher utilized many different types of protocols (chiropractic, iridology, reflexology, herbal, cold sheet and others) to cure and heal thousands of patients during his lifetime. His famous quote of “*There are no incurable diseases, but at times there are incurable patients*” still resonates today. Through his many decades of natural health protocol applications, he utilized the infamous “*Cold Sheet*” treatment that many of his predecessors like Vincenz Priessnitz, Sebastian Kneipp and others had applied in their own healing practices. Each individual healer tends to modify the cold wet sheet treatment or dry blanket wrap protocol based upon their own successful treatment and use on their patients. These slight variations and deviations from hundreds of years prior are reflective of their own unique conditions and limitations in the time period of their application.

In his cold wet sheet treatment protocol, Dr. Christopher uses the human body avatar’s natural functioning systems to heal itself. The artificially produced internal and external body temperatures are raised so as to mimic a fever, thus pushing and expelling harmful toxins and morbid material out of the

body and onto the surface of the skin. The cocoon like environment that is constructed with sheets or blankets is designed to encapsulate and raise the body's core temperature, thus forcing the toxins trapped inside the body out onto the surface of the skin and then the cotton sheet. At the completion of the protocol, the cold wet sheet is typically already dry and contains an assortment of antibiotic colors, inorganic minerals and harmful toxins that had been trapped within the body. The patients skin is sponge bathed with diluted apple cider vinegar to remove residual wastes clogging the skin pores and typically feels refreshed and astonished by the amount of toxins excreted out of the body.

The cold wet sheet protocol, when understood and applied correctly, has demonstrated time again the natural healing capabilities of the human body for all types of illnesses and diseases, including incurable diseases. It is one of the most effective protocols ever discovered to cure and heal diseases. Since this protocol does not utilize toxic medications, chemicals or other conventional medicines, it is brushed off as not meeting the scientific method standards. Those who have been healed and cured of their previously incurable diseases will likely differ in their opinions by the pharmaceutical and medical conglomerates. Detailed instructions on how to perform a cold wet sheet treatment vary slightly from practitioner to practitioner, thus an all inclusive standard is difficult to finalize. Individual case studies, statistics and firsthand testimonials of this successful curing and healing protocol from centuries past far exceeds the limitations of conventional medicine. The reading reference books should all be researched and understood in order to fully comprehend the method of action, as well as the cause and effect relationship for practically any type of illness and disease. Just as there are variations of this protocol, the human body and diseases manifested are also not all alike.

Additionally, Dr. Christopher employed other healing and curing protocols in his academic "*School of Natural Healing*" in Utah, such as: "*The Three Day Cleanse and Mucusless Diet*", "*The Incurables Program*" and "*The Bowel Cleansing*"

and Nourishing protocol". Each protocol is geared specifically for addressing different ailments and diseases his patients suffered from. In some instances, a slow and methodical protocol had to be bypassed for a more drastic protocol due to the severity of the disease and limited time to cure and heal the patient before it was too late. In his book "***Herbal Home Health Care***", he shares his many different protocols, herbal remedies, case studies and more so the individual reader can learn to heal themselves and others. His many teaching videos project conviction and righteousness to natural healing protocols and his commitment to mankind. Dr. Christopher and so many others like himself, paid it forward by curing and healing his patients that were abandoned by conventional medicine when their toxic medications and barbaric surgeries could not help the patient. Thousands lived to see another day as a direct result of his natural healing protocols.

Richard Schulze: Also a naturopathic doctor (ND), Dr. Schulze has many decades of treating thousands of his own patients for all types of curable and incurable illnesses and diseases. He is referenced as studying under great naturopathic healers like Dr. John Christopher and Dr. Bernard Jensen, both living legends of their time. Even today, well after they have passed away, their natural health protocols heal the full spectrum of human diseases. Simple, complex and terminal diseases are all positively affected by medicinal plants, cleansing protocols, curative protocols. water protocols, wet sheet protocols and many others.

Having first cured himself of a terminal heart defect through natural protocols, after having lost both of his parents in his teen years to disease, he is not only a proven healer, but a firsthand survivor. His disease, that was deemed incurable by conventional medicine of the day, was subsequently cured by a very young Dr. Schulze. His grasp, knowledge and use of naturopathic medicine protocols saved his own life. He is a living testimonial of the healing and curative powers that each individual has within their reach simply by learning the natural health knowledge of the sages and applying them to cure and heal self. Natural health knowledge is purposely

suppressed and denied to the consciousness of the masses. Any individual who learns how to cure and heal themselves from the onset of grammar school will become a more consciously aware and healthy individual throughout their life. This poses a direct economic and population control threat to those intent on subverting human health on a global scale.

Dr. Schulze's wet sheet treatment has been modified according to his many decades of firsthand patient experience. As each new generation of healers pushes the envelope of knowledge and application, this wet sheet variation elicits increased thermal heat inside and outside the body. This methodology may be considered more intense, but at times the patient may not have the luxury of days or even a few hours to spare in order to save their own life. Extreme illnesses require extreme intervention at times. Dr. Schulze's use of cayenne pepper baths, complemented with hot herbal teas that intensify the formation of internal heat all build the overall core temperature much more quickly and longer with the intent to quickly expel the toxins and wastes that are placing the individual's life in jeopardy. In many instances, he narrates that he will push his sick patients to the point of collapsing in the shower, forcing the diseased and morbid wastes to be excreted out through the pores of the skin. This breaking point has made the difference in his many patients to become cured or keep the latent disease still trapped in the body. A strong disease requires a stronger cure to overcome it.

One case study Dr. Schulte references in his writings is that of an individual who had been diagnosed by conventional medicine with a massive tumor on the thyroid. It could not be operated on without severe maiming of the throat, resulting in permanent disfigurement. He was informed that he had less than a week to live from this disease if not surgically removed. He opted to perform the wet sheet treatment several times in a week, which resulted in the physical coughing up of part of the tumor. He survived the wet sheet protocol treatments, was cured and became a natural health practitioner. He is reported as still alive many years later, without signs of any type of incurable disease. The curative powers of natural healing.

The many other naturopathic protocols that have also been refined, revised, updated or discarded are a testament to their overall effectiveness. The tens of thousands of patients around the world who ascribe to natural healing provide the true peer review evidence that validates natural healing and curing of all types of diseases. If a single person's life is saved as a result of a wet sheet treatment, dry blanket wrap, cold water cure or any other natural protocol, then it is worthy of disseminating to the global populace. Dr. Schulze's name is added to the list of naturopathic healers in history worthy of mankind's admiration, respect and appreciation.

Reference reading:

The History of Cold Bathing by John Floyer (1732)
The Cold Water Cure by William Strange (1842) – Priessnitz
The Cold Water Cure by Richard Beamish (1843) – Priessnitz
Manual of the Water Cure by Francis Graeter (1844) - Priessnitz
The Wonderful Power of Water in Healing The Diseases of the Human Body by Charles Schiferdecker (1844) – Priessnitz
The Water Cure Manual by Dr. Joel Shew (1849) – Priessnitz
My Water Cure by Father Sebastian Kneipp (1892)
My Will by Father Sebastian Kneipp (1896) - Kneipp
L'eau de Mer, Milieu Organique (Sea Water, Organic Medium) by Rene Quinton (1904)
The Fountain of Youth or Curing by Water by Benedict Lust (1923)
The Choice Is Clear by Dr. Allen Banik (1971)
Herbal Home Health Care by John Christopher (1976)
Curing the Incurables by John Christopher (1977)
Iridology Simplified by Bernard Jensen (1980)
The Cold Sheet treatment by John Christopher (1996)
There are No Incurable Diseases by Dr. Richard Schulze (1999)
The China Study by T. Campbell (2006)
The Patient Handbook by Dr. Richard Schulze (2009)

Chapter 5

INTERNAL CLEANSING PROTOCOLS

There are many different types and variations of natural internal cleansing protocols that have existed for thousands of years. Some more recent than others, but all having a positive result on the human body avatar in comparison to conventional medicine protocols that typically treat the signs or symptoms of a disease, but never really curing or healing the patient of the manifested disease.

The internal cleansing protocol selected should be determined on the individual's physical health strength, the level of disease advancement in the body and any other relevant factor that can interfere, delay or impede the person's path to complete healing. The question must be asked: what was the original catalyst or vector that caused the manifest physiological imbalance in the organ, muscles, skeletal system, circulatory system, respiratory system, lymphatic system, brain or other? Is it simply the abuse and normal wear and tear of a lifetime?

If a person consumes processed foods, artificially flavored drinks, fluoridated water, salt, sugar, fast foods and the many other toxic ingredients that destroy the human body incessantly, then the body will likely be suffering pains and illnesses on a non-stop and continual basis. If however, the opposite has been true where the individual has mostly consumed wholesome and nutritional foods, then the individual should not typically experience artificially induced pains, ailments and diseases. Conscious awareness of how the body functions is the first step to better understanding how and why the specific body part or system is dysfunctional.

Is the etiology (root cause) of the disease a result of parasitic infestation of the organs and body? Parasitic infections can manifest in many different ways, attacking the pancreas (cancer, diabetes, etc.) bowels (fungus, beef tapeworm, biofilm, etc.), liver (liver flukes, bile stones, parasites, etc.), brain (pork tape worm, aluminum, heavy metals, etc.), lungs (parasitic eggs, larvae, etc.) and the many other physical infestation locations where these invasive parasitic creatures live, reproduce and thrive in different size colonies.

When the identification and localization of any specific parasitic species or toxic accumulation is made, it becomes much easier to target, eradicate the colonies or expel the contaminant deposits that are inside the body. In those instances where it is unclear what the root cause of the illness is, then a broad, structured and systematic approach of cleansing the body organs will likely result in removing the hidden assailant(s). Some of the most renown healing and curing protocols used against these types of destructive catalysts by naturopathic health pioneers are:

1. Intestinal Waste & Organ Cleansing - John Christopher
2. Parasite & Liver Cleansing - Hulda Clark
3. Liver Cleansing - Andrea Moritz
4. MMS Parasite & Blood Cleansing— Jim Humble
5. CDS Parasite & Blood Cleansing— Andreas Kalcker
6. DMSO Heavy Metal Detox (Alzheimer's/Parkinson's)

These and many other unorthodox health protocols will be discussed further along in this chapter for the reader's situational awareness. These have time again, cured, healed and saved the lives of tens of thousands of gravely ill individuals who came to understand that conventional medicine does not provide health cures, it treats symptoms of the diseases for as long as the patient/customer can fight to survive and afford to do so. True curing and healing starts with individual conscious awareness, disregarding false science, false medicine and the psychological fear indoctrination programming and conditioning that has taken place via television and other mass population propaganda

outlets. True health is achieved by researching and understanding that a physiologically imbalanced body will openly invite disease into the body. A healthy body and immune system will automatically defend itself from all foreign bodies, pathogens and parasites. Remove the artificial emotion of fear and the individual can recover their naturally healthy body. The immune system is key for recovery.

There are many healers in recorded history who have treated and cured thousands of patients over their lifetimes. Each experienced unique limitations in their time periods of existence: technological constraints, religious tyranny and even high levels of educational and scientific ignorance. Each encountered their own prejudicial, religious and legal challenges by the sentinels and curators of conventional medicine who felt challenged and feared the loss of their monopoly to mutilate, maim and injure their patients through surgeries and toxic medications. The commercial business of curing mankind's diseases could not be abdicated to effective natural healers. Their monopolized health business would come to an abrupt end if natural healing protocols were systematically implemented and accepted as the new paradigm for healing all diseases naturally.

Intestinal Waste & Organ Cleansing: Probably one of the most destructive and prolific ailments that mankind has suffered as a species is that of a dysfunctional gastrointestinal (GI) system. This can manifest in many different ways: diarrhea, constipation, gastritis, flatulence, colic, leaky gut syndrome and so many other similar descriptive terms that all basically imply the intestine/colon is dysfunctional and wreaking havoc on the rest of the organs and body. As mentioned previously, more than 90% of human diseases can be traced back to a dysfunctional GI system. This is typically the result of lifelong improper food consumption and lifestyle habits that have cumulatively taken their toll on the consciously unaware spiritual occupant of the human body. The GI system connects to the bloodstream, which in turn connects to every organ within the body. If the GI system contaminates the blood, the organs are also contaminated.

The usually aloof spiritual occupant at the helm has errantly consumed processed foods, animal corpses, mucus dairy products, chemical salt, addictive sugar, embalming preservatives, carcinogenic artificial dyes, poisonous fluoride and the full spectrum of synthetic and chemical laden products that masquerade as food and simultaneously destroy the body. A condensed overview of the digestive system is that wholesome foods provide all the necessary vitamins, minerals, proteins, carbohydrates, fats, etc. the body needs to function and maintain itself disease free and healthy. When improper and unhealthy foods are consumed, these provoke a physiological imbalance that ultimately establishes the foundation for the development of any type of degenerative disease. Cancer of all types, arteriosclerosis, high blood pressure, psoriasis, eczema, fatty liver, tumors and many other diseases as well. Dr. John Christopher provides decades worth of accumulated natural health knowledge and case studies on not only the human digestive system and its many related diseases and cures, but also the full spectrum of other diseases that mankind needlessly suffers from in life.

In one case study he references, an individual would consume three (3) meals per day and have only one (1) small bowel movement per day for many years. After applying the knowledge and protocols obtained from one of his School of Natural Healing health courses, the individual declared that he could not understand why he was having three (3) or more large bowel movements per day if he was now only eating one (1) meal per day? Dr. Christopher stated that the body was naturally expelling the accumulated and stored fecal wastes that were lining the intestinal walls. Layer by layer, each cap of fecal wastes lining the intestinal wall could now be more efficiently expelled until the lumen (opening) of the intestines returned to a normal diameter. It can take weeks, months or years to remove the bulk of the stored fecal wastes that any individual has accumulated during their lifetime.

In another case study, the individual stated that he had curiously expelled kernels of corn in his fecal wastes, but that he had not eaten corn in over three (3) years. This

demonstrated that stagnant food was dislodged and ultimately expelled from the congested GI system through an intestinal cleansing protocol. If the gastrointestinal system is properly functioning, it is normal for an individual to have a bowel movement (BM) after each main meal. Three main meals per day equates to typically three BM's per day as well. Anything less than 2-3 BM's per day is indicative of a lethargic or lazy bowel. This weakens the peristalsis muscles in the intestines; that continuously pushes the fecal waste material out of the body everyday.

It has been chronicled time and again that when an intestinal cleanse is performed, all different types of parasites, bile stones, impacted and putrefied fecal material (stone hardness consistency in some cases) and other vile material is expelled, leaving the individual sometimes in a state a shock. Common responses are that they had never seen such dark and black fecal material come out of their body, almost coal like in color. Additionally, it was the most prolific and foul smelling wastes they had ever had the misfortune of smelling that came out of their body as well. At times, the person states that "it moved on its own", implying there were living worms and parasites still alive in the waste material.

What does this all mean? It means the fecal wastes were lodged in any part of the nearly 40 feet of gastrointestinal tract from the mouth to the anus. Typically though, these wastes are compacted in the ascending, transverse, descending or sigmoid colon sections. There they can become lodged into any potential diverticulitis pockets, folds onto itself, strictures or simply accumulating layer upon layer on the intestinal wall, forming what is commonly referred to as colon plaque in naturopathic medicine. This rubbery or latex material type layer can line the full length of the intestines, impeding the absorption of nutrition from the foods consumed, all the while protecting parasites, fungus, biofilm pathogens and other vile creatures from antibiotics and natural plant medicines. The protective colon plaque layer can act as a defensive barrier on the one side, while in between the intestinal wall and outer layer of plaque is where the parasites

can potentially hide. Once the colon plaque is dislodged and expelled out of the body, the intestines can once again absorb the nutrition from the consumed foods while denying safe harbor to those parasites and pathogens that literally siphon the life force energy from the human body avatar covertly.

It is imperative to ensure the intestines are not constipated in any manner and at least be expelling 2-3 BM's per day (for several consecutive days) before performing any type of liver cleanse. The potential for backflow of parasites, bile stones, pathogens, toxic wastes and other waste material exists. These can become lodged and stagnant in the liver duct, gallbladder bile duct, pancreatic duct and are a threat to health. If the intestines are not constipated, the tsunami of waste materials expelled and dislodged from the liver and the intestinal walls will pose less of a health risk. An excerpt from the book ***How To Become A Vegan*** by the author:

“Dr. John Christopher’s Lower Bowel formula is a natural combination of plants and herbs, designed to strengthen and heal the intestine while breaking down and expelling any accumulated and impacted fecal materials. It contains nine (9) herbs, of which one (1) is an irritant (cascara sagrada) and the other eight (8) are herbs used to rebuild and heal the intestines. The capsules are increased daily with every meal until regular BMs are achieved and leveled off. Pros: Passive, effective, helps rebuild the intestine, functionality and allows for normal work and leisure activities. Cons: Slow acting, increased duration of weeks to months to help recover and heal the intestine. The consumption of plant based foods is suggested throughout the cleansing process to begin readapting the digestive system to natural foods.

Regardless of the colon cleanse protocol selected and implemented, the intent is to expel any putrefied, stagnant and solidified fecal material and other wastes that create the ideal environment for harboring the parasites, fungus and pathogens. Once this main parasitic infestation area is cleansed and purged out, the body can begin its transition process. There are, however, remaining parasitic strongholds (liver, pancreas, blood stream and others) that must also be addressed promptly. These safe havens can contain survivor eggs, larvae and adult parasites that were not eradicated and swept away with the tsunami from the intestinal

cleansing evacuations. If not targeted and eradicated promptly, the parasites can reoccupy the vacated strongholds and develop into the new colonies of parasites. Thus liver, kidney and pancreas cleanses are all paramount and beneficial to achieving the intended objective."

Parasite & Liver Cleansing: One of the oldest known health cleansing protocols in history is the infamous liver cleanse. This dates back thousands of years and has been demonstrated time and again to flush out parasites, liver stones, fatty liver, toxins and even gallstones passively. The book "***The Advanced Cures of All Diseases***" by Dr. Hulda Clark and "***The Amazing Liver and Gall Bladder Flush***" by Andreas Mortiz, and other natural health practitioners, have all successfully used parasite cleanses and liver cleansing protocols to treat their tens of thousands of patients during their lifetimes. In Dr. Clark's decades of practice with over 20,000 reported patients, she was able to confirm that practically all of her patients suffered from some type of parasitic infestation or chemical intoxication that consequentially resulted in their development of various ailments and diseases. She was able to effectively and safely develop a three part formula called the 18 day parasite cleanse protocol. It is used for the eradication and removal of adult parasites, larvae and eggs in the body. An excerpt from the book "***How To Become A Vegan***" by the author describes an overview of its application and resultant impact on the human body avatar:

"Dr. Hulda Clark's 18 day Parasite Cleanse Protocol: This is a three (3) plant combination comprised of Green hulled black walnut, Wormwood (Artemisia Absinthium) and fresh Cloves. Each component targets different developmental stages of parasites within the body. The Cloves specifically target the parasitic eggs that are embedded in the intestinal linings, organs and tissues. It basically singes the eggs that are embedded in the mucous tissue like a flamethrower, scorching the area. The Wormwood targets the parasitic larvae stages and the Black Walnut targets the adult parasitic worms. The protocol duration is eighteen (18) consecutive days and is intended to overlap the parasites reproductive cycles. If the adults and larvae are eradicated, but new eggs hatch, the parasite will quickly repopulate its colonies.

Thus it is imperative the full 18 day protocol duration be completed. In many instances, a second or even third iteration of the protocol may be necessary due to accidental recontamination with household pets or other people.”

The Liver Cleanse: *“This cleanse should not be performed unless the individual has already achieved, and can continuously maintain at least 2 to 3 BMs each day. If the individual has not attained this minimal requirement, there is a risk that waste and debris expelled from the liver cleanse may not be expelled adequately enough into the intestinal system, potentially backing up into the liver bile duct, gall bladder duct, pancreatic duct, kidneys and other potentially susceptible organs. The debris expelled (bile stones, parasites and other toxic materials) must be able to pass freely into the intestine and expelled out through the colon unimpeded. Those individuals who may have a fatty liver diagnosis will likely experience the expulsion of many floating “liver bile stones”. The older and encrusted bile stones (spongy, not calcified) are typically irregularly shaped and dark brown. Those that are newer floating stones are more bright emerald green in color and indicate a more direct source of bile flowing out (bile is green in color) from the liver. Calcified bile stones are indicative of gallbladder expulsions and sink in the water.*

A typical adult requires on average between 10 and 12 liver cleanses/flushes according to Dr. Hulda Clark. It is reported she had more than 20,000 patients in her lifetime, where from she developed her statistical information. Ultimately, when no parasites or bile stones are expelled, then the liver is considered to be flushed out and effectively cleansed. (Note: the author required eleven (11) liver cleanses and expelled well over 10,000 brown and green bile stones over a year. The result of a previously undiagnosed fatty liver and parasitic infestation.) A liver cleanse can be performed and completed in a fourteen (14) hour period, but requires at least one (1) day to recover from the protocol. A liver cleanse can be performed every 3-4 weeks or once a month, until there are no more expulsions. Afterwards, a prophylactic approach of one or two times a year is suggested by Dr. Clark and others to keep the several hundred liver bile ducts free from obstructions and parasite safe havens. Two of the most popular liver cleanse protocols (Dr. Clark and Andreas Moritz) are added at the end in Chapter 10. The reader is recommended to research all available protocols and knowledge to become cognizant of what each entails and the accompanying expectations.

As an adjunct of information, the liver/gallbladder cleanse has also been demonstrated to effectively expel and cleanse bile stones from the gallbladder. The accumulation of many small, individual stones or a single massive stone have been successfully expelled prophylactically. Also, during a gallbladder emergency, the individual was diagnosed with a blocked gallbladder duct and self-elected to perform an immediate liver/gallbladder cleanse. Where the individual had been scheduled for emergency surgery the next morning to remove the gallbladder, they were exercising 2 days later as if nothing had ever happened. The gallbladder was saved, but each person's body is different and it is not the recommended emergency approach. Instead, preventative cleansing may ensure the liver/gallbladder does not become an emergency surgical condition."

"The Pancreas Cleanse Protocol: *This is not so much a cleanse per se, but rather an extension and clarification of the 18 day parasite cleanse protocol. It is the direct targeting of any parasitic infestation or colony that may have taken up residence within it. Most notoriously, the Eurytrema Pancreaticum (EP) parasite. As previously discussed, this parasite enters in through the pancreatic duct and establishes a colony within it and/or around it. Methanol (wood alcohol) in the pancreas/body is a natural attraction for the EP parasite and is always found in diabetics. The removal of methanol and eradication of the EP parasite will likely resolve any diabetes in the affected person. The best known and effective natural plants used to directly target and eradicate the Eurytrema Pancreaticum parasite is wormwood leaf/powder (Artemisia Absinthium), black walnut tincture/powder and papaya seeds."*

The initial and post consumption of Epsom salts (magnesium sulfate) in water serves to dilate the liver ducts, while also acting as a laxative to open up a clear passageway in the intestines for the liver wastes to be expelled without clashing with obstructions on their way out of the intestines. The Epsom salt also acts to kill, dislodge and expel parasites like the Eurytrema Pancreaticum from the pancreatic duct and exterior surrounding region (sphincter of Odi). It is not uncommon to continuously see EP parasite corpses expelled with each liver flush, even if the 18 day parasite cleanse protocol has not been used. Each individual's level of parasitic infestation is different than another's and the same results should not be expected. The 18 day parasite cleanse,

complemented with the liver cleanse is a strong combination to eradicate the parasitic colonies in those delicate organs (liver, pancreas and intestines). When a high level of cleanliness in the liver and pancreas is achieved, where no more bile stones, parasites or other harmful debris is expelled, the liver, gallbladder and pancreas are considered to be cleared and fully functioning. During this cleansing period, dramatic changes in the skin tone, hair, body odor, energy levels and other areas are noticeable and directly related to the pancreas cleansing protocol.

The Miracle Mineral Solution (MMS): is a unique protocol onto itself, discovered by Mr. Jim Humble unexpectedly. He stumbled across this amazing cure all for many types of blood borne pathogens, parasites and other catalysts that developed in the human body, manifesting as a disease. His initial focus was on medically aiding his workers who had become gravely ill with malaria while working in the jungles of South America. With limited medical resources, he utilized the only thing he had available at the time (his water purification ingredients) to try and help his men who were gravely ill. He quickly discovered that Malaria would be cured (MMS oxidizes and kills the parasitic pathogens) in less than 24 hours with a few doses of MMS, depending on the severity of the illness. His was an amazing accidental discovery that saved the lives of his men out in the jungle who would have otherwise likely perished. Since that first experience, tens of thousands of malaria victims have been cured around the world, typically with one or two doses within 24 hours. This discovery should merit a Nobel prize in science/medicine, but instead received scorn and resistance from conventional medicine and their pharmaceutical/chemical company benefactors. His cure was too effective and inexpensive no doubt and would reduce their anti-malarial drug profits.

The key ingredients of MMS are 22.4% to 28% Chlorine Dioxide (CD) and 50% Citric Acid (CA). These are mixed in a 1 (CD) to 5 (CA) volume ratio. In the 2006 book ***“Breakthrough - The Miracle Mineral Solution of the 21st Century”*** by Jim Humble, he describes and chronicles

his early findings, procedures and protocols that were most beneficial in healing patients of all types of diseases. MMS has been used to treat or cure other diseases like HIV, Cancer, Herpes, Influenza virus and many others in naturopathic medicine. Conventional medicine discards the testimonials of thousands of patients who have improved their health or have been cured and healed by its ingestion. It is a relatively inexpensive protocol that has been used to safely treat and purify drinking water for decades. It is also considered a direct threat to the medical business industry. Since its early discovery and refinement, different protocols have resulted in increased effectiveness for curing many different diseases.

Chlorine Dioxide Solution (CDS): Presently, this is a variation of the MMS formula that has been amended to function with the use of 4% hydrochloric acid (HCL) in lieu of the 50% citric acid. The 4% HCL mixture removes most of the olfactory and taste residuals that are inherent to the citric acid combination in the MMS. The HCL mixture, however, is slightly less concentrated and results in a more agreeable taste when consumed. Those who have difficulty tolerating the MMS citric acid residual taste can more readily consume the 4% hydrochloric acid mixture, thus not negatively affecting the individual's tolerance to consuming the Chlorine Dioxide Solution (CDS) vice Miracle Mineral Solution (MMS).

The book “**CDS**” by Dr. Andreas Ludwig Kalcker describes his research, experimentation, use and testimonials of many years of CDS scientific study. He has been able to continue researching, expanding and reaching new therapeutic CDS application limits where Jim Humble had left off with his MMS protocols. Kalcker's investigations into the use of CDS for autism, coronavirus and many other man made and commercial diseases have proven very effective. Where previously children were diagnosed with untreatable and incurable autism, his MMS/CDS protocols have reversed what was previously unthinkable in conventional medicine through research, completely curing hundreds of children of autism. The destructive and dangerous vaccination programs have been determined to be the root cause of autism in most cases.

The addition of DMSO (Dimethyl Sulfoxide) to different MMS/CDS protocols has resulted in individuals eradicating the herpes virus, leaching out of heavy metals from the body and many other diseases that are incurable by conventional medicine. MMS/CDS has the ability to quickly and safely enter into the bloodstream, organs and whole body to directly oxidize (kill) pathogens, bacteria, virus and parasites (like the malaria parasite falciparum and others). Its relative low cost and effectiveness supersedes the pharmaceutical and chemical companies patented, high cost chemical toxin medications.

DMSO (Dimethyl Sulfoxide): This natural byproduct of the tree industry has demonstrated tremendous healing potential for a broad variety of ailments, injuries and diseases. It is considered a “transporter or carrier”, thus will transport any other material (plastic, rubber, lotions, soaps, medications, etc.) into the human body, down to the cellular level. Just as it can transport a molecule of plastic into a cell, it can also transport oxygen (oxidizer) into the cell, killing pathogens. It can also transport medications to treat any variety of diseases, reduce pain, inflammation and generally is an all purpose health product. Improperly utilized, it can cause harm and injury. Properly utilized, it can cure and heal ailments. It has also been utilized to bond with toxic and heavy metals trapped inside the human body. A lifetime of consuming mercury contaminated tuna, scraping the bottom of aluminum cooking pots and pans, aluminum drinking soda cans, amalgam (mercury) teeth fillings and the many other usual sources of human contamination with heavy metals can be addressed and counteracted with a DMSO protocol.

The DMSO can bind with the heavy metals particles and is reported to be able to leach them out of the brain, where the blood/brain barrier presents difficulty in expelling the heavy metals once they are absorbed into the brain. The DMSO binds to the heavy metals and pulls them out via the bloodstream and eventually out through the urinary system. The blood brain barrier has been the obstacle in conventional medicine to treating brain injuries, heavy metal saturation (Alzheimer’s and Parkinson’s) and other diseases.

Additionally, the DMSO can also transport medications that are impeded or denied entry into the brain for the same blood brain barrier issues. As a transporter, it serves to import medications and exports those harmful heavy metal particulates that require physiological expulsion.

Reference reading:

Introduction to Parasitology by Asa Channndler (1930)
Parasitology by Robert Hegner (1938)
The Poisoned Needle by Eleanor McBean (1957)
Herbal Home Health Care by John Christopher (1976)
Alkalize or Die by Dr. Theodore Baroody (1991)
The Cure for All Cancers by Dr. Hulda Clark (1993)
The Cure for All Diseases by Dr. Hulda Clark (1995)
The Advanced Cure for All Cancers by Dr. Hulda Clark (1996)
Timeless Secrets of Health & Rejuvenation by A. Moritz (1997)
There are No Incurable Diseases by Dr. Richard Schulze (1999)
The Amazing Liver Cleanse by A. Moritz (2002)
The Amazing Liver and Gall Bladder Flush by A. Moritz (2005)
Breakthrough - The Miracle Mineral Solution of the 21st Century by Jim Humble (2006)
Parasitology for Medical and Clinical Laboratory Professionals by John Ridley (2012)
Parasitology: An Integrated Approach by Alan Gunn (2012)
Human Parasitology by Burton Bogitsh (2013)
CDS by Dr. Andreas Ludwig Kalcker (2015)
New Body – New Life by Jean-Paul O'Brien (2017)
How To Become A Vegan by Jean-Paul O'Brien (2020)

Chapter 6

OTHER HEALTH PROTOCOLS

In early stages of disease development and subsequent manifestation, the body sends out subtle signals to the consciously unaware spiritual occupant of the human body avatar so that it can detect and implement corrective actions, before a full blown and out of control disease can take hold. The increase in arterial blood pressure, failing eyesight, onset of frequent colds, mucus buildup, constipation, distended abdomen, fevers, increased joint pains, unexplained urinary difficulties, kidney stones, enlarged prostate, difficulty breathing, development of a fatty liver, bouts of tonsillitis, cysts eruptions, tumor growths, eruption of boils, gout, rheumatoid arthritis, breakout of eczema, psoriasis and the many other hundreds of slowly developing symptoms that manifest on the human body over time. Each is reflective of a direct physiological imbalance or dysfunction of the associated organ, system or a secondary side effect of another dysfunctional organ or system. The human body works in unison as an integrated unit and there are no spare organ parts that do not serve a purpose within it. When one organ or system is weak or dysfunctional, the others have to intercede, compensate and redistribute (increase) their individual burdens in the process to keep the organs functioning and body operational.

If the human body is properly nourished with wholesome foods (organic minerals, vitamins, plant based proteins, etc.), maintains an effective waste elimination system functioning, performs regular exercise, consumes clean water and avoids becoming environmentally saturated with toxic chemicals, pollution and other contaminants, it will develop a strong

immune system and operate more efficiently. There will be less harmful wastes accumulated and less energy is required to maintain the individual and collective organs functioning properly. The foundation for proper health knowledge resides with the parents, academia and social environments. Each provides firsthand teaching and examples from family, friends, educators and society. Those individuals that are left behind and fall victim to television and daycare parenting will be the most negatively impacted. Their surrogate role models will be paid actors who actively promote the marketing of their artificial products that masquerade as some type of food. The more harmful influences are imposed on the individual as they grow and mature, the less their ability to filter through all the false marketing propaganda that will ultimately determine and seal their health fate in life.

Some of the most prolific indicators of hidden degenerative disease formation taking place, without conscious awareness, are described in the coming pages. Some may be individual, while others are in parallel and all are detrimental to the human body avatar. The positive aspect in detecting any of these diseases is that they are all reversible if detected early enough and there is adequate commitment by the individual to take corrective actions early on. Neglect and ambivalence can quickly be replaced by horrific fear of how fast these diseases can progress if left alone to grow and spread unimpeded.

High Blood Pressure (BP): Dr. John Christopher has demonstrated throughout his many decades of naturopathic healing protocols that the sudden onset, or even gradual increase of high blood pressure can be typically remedied with a simple herb such as cayenne pepper powder mixed in water. The individual will start off with 1/8th to 1/4 of a teaspoon of cayenne pepper powder, one to three times per day, each in an 8 ounce glass of room temperature water for the first week. The second week would be increased to 1/2 teaspoon. The third week would be a full teaspoon, three times per day, each in an 8 ounce glass of water. The effect of the high BTU's (heat) from the cayenne pepper results in the circulatory system

(blood) to equalize the pressure in itself. It does this throughout the body (from head to toes) in a matter of seconds to minutes, depending on the individual's physiological condition. The cayenne pepper contains calcium and other organic vitamins/minerals that nourish the arteries, veins and heart while also aiding in the circulatory function, thus increasing the free flow of oxygen systemically throughout the body. In a few short weeks, individuals who had been taking harmful blood pressure reducing medications were able to slowly reduce each week the quantity of medication they were consuming until they stopped taking them completely. Typically, in 4-6 weeks time the individual has achieved a normal (120/80) blood pressure after years or decades of taking toxic medications to control their high BP. Individual variations in quantities of cayenne consumed are typical, given the different size and masses of the general population. Reduced portions or intermittent use have also demonstrated efficacy in reducing high BP in individuals.

In one of his many testimonials, Dr. Christopher discusses how individuals who are experiencing a stroke, heart attack or even wounded (bullet, knife, injury, etc.), that the quick administration of a tablespoon of cayenne pepper powder in hot water, drunk immediately, has staved off or reduced the paralysis associated with a stroke or heart attack in less than 1 minute. Similarly, profuse arterial and venous bleeding comes to an abrupt halt as a direct result of the blood pressure equalizing itself throughout the body and activating its clotting effects after consuming the hot water and cayenne pepper mixture immediately. This is one of many examples of natural foods/herbs being utilized to bring back balance to the body. The nourishing and balancing effects of the cayenne pepper on the whole body cannot be replicated by synthetic and toxic medications that only treat the symptoms.

Natural foods cannot be patented by the pharmaceutical, chemical or any other commercial industry. The consumption of natural cayenne pepper (a natural food) vice the lifelong procurement and consumption of toxic chemicals with adverse physiological side effects; there is no argument to be

had. Which is a threat to human health and which is a threat to the medical business? Natural foods heal the body.

Heart Disease (HD): This all encompassing term is used to describe practically any type of heart or coronary artery affliction. Whether it is a dysfunctional heart valve, clogged artery or any other medical term, they all fall under the same umbrella diagnosis. One of the most prominent terms associated with HD is atherosclerosis. This is the accumulation of plaque and other harmful material inside the coronary arteries that feed blood into the heart. This major disease is not typically associated with a hereditary or congenital dysfunction, but rather with improper food consumption and lifestyle habits over the course of the individual's lifetime. As has been demonstrated time and again over the many decades, the consumption of butter fats, animal corpse meats, mucus dairy products, cheese, fried foods, grease and other improper foods for the human body to use, all combine and accumulate these harmful materials inside the arterial walls. When detected early in a physical exam, or even after a heart attack, the physician will typically recommend the insertion of an arterial stent mesh to keep the arteries open for continuous blood circulation. These temporary stents (typically resist 3 months in duration) subsequently tend to collapse onto themselves and the problem returns (clogged arteries). The next typical step is to perform bypass surgery; removing a section of clean artery from the leg and transplanting it directly onto the heart itself, creating a new, unblocked stream of blood and oxygen flow to the heart. The open heart surgery poses a severe threat to human life and may have detrimental side effects despite any perceived successful surgical intervention.

Avoiding the consumption of harmful foods and preventing the plaque buildup in the arteries is primordial in mitigating any type of heart disease development. In most instances, conscious awareness of the harmful side effects of improper lifestyle and food consumption habits does not occur until the individual is already laying on the operating table and is facing their mortality straight in the eye. Only then will the

individual finally understand their own mortality and why they are now facing a fully preventable life and death situation. Had this newly found level of conscious awareness been previously attained, there likely would not be a medical emergency manifested that required open heart surgery. Adherents to the western diet food hoax suffer the most from this psychologically indoctrinated phenomenon.

In naturopathic medicine, various different plants and herbs like cayenne pepper powder, sassafras root, hawthorn berry and others have a curing and healing effect on the body and heart. In his testimonials, Dr. Christopher again references plants as the ultimate healer of mankind's ailments. In this instance, the roots of sassafras trees are boiled for 15-20 minutes to make sassafras tea. The main component in the root is called "safrole" and is claimed to be the active ingredient that effectively and passively dissolves plaque buildup in the arteries. A passive and non-invasive method to dissolve cheeseburger, margarine, pizza and the many other butter fat antagonists from the injurious western diet. Simply drinking the tea often and avoiding the harmful foods can reverse a lifetime of improper food consumption and lifestyle habits in relation to the arteries. Similarly, those who have experienced heart failure and suffered partial heart muscle tissue death, hawthorn berries (tincture, capsules and infusions) have been used to rebuild new heart muscle tissue, strengthening it once again. The US Food and Drug Administration (FDA) has undeservedly labeled safrole as a toxic ingredient. Just like the apricot seeds are deemed a threat to the cancer business, safrole is a threat to cardiac business. Sassafras has been consumed as a tea and a soft drink (root beer) for more than a century without any negative health side effects. Why is its consumption discouraged today?

Each type of heart disease manifests with variances in their signs and symptoms, just as each person's lifestyle habits vary from one to another. If wholesome foods are ingested, healthy lifestyle habits are implemented and natural plants are consumed to nourish and rebuild the body, further progression of heart disease may be curtailed and even

reversed. The key to good health will always remain in the hands of the spiritual occupant of the human body. Those who abdicate their personal responsibility and liability to toxic medications, surgical butchery and do not change their poor lifestyle habits are fooling only themselves. Good health, curing and ultimately healing are self-manifested through conscious determination and direct actions. The joint use of cayenne pepper, sassafras, hawthorn berries and other plants may further advance the process of rebuilding the body. Again, natural plants cannot be patented and thus, are not financially interesting to the medical, pharmaceutical or chemical industries. To the contrary, legislation is typically enacted by the interested industries to curtail, impede or outlaw directly the use of natural medicinal plants that pose an economic threat to their monopolized health business interests.

Poor Blood Circulation: The lack of adequate and continuous blood flow throughout any part of the body can be the result of any number of variables, each affecting the body in different ways. The blood transports not only oxygen, but also nutrients while also hauling away wastes and morbid cellular material. The lymphatic system also is responsible for the bulk cellular waste disposal process, but affects less the poor blood circulation that ultimately results in cold hands, cold feet, numbing of the toes or extremities in some instances, inflammation and even retention of water (edema) in those same areas. The locations most affected by poor blood circulation are the hands and feet. The weight of gravity, the constricting foot wear, the long hours of physical abuse each day (walking, running, etc.) are compounded by the accumulation of morbid material that ultimately settles in the lowest part of the human limbs of the body (hands and feet). As the morbid material accumulates in those lower arteries, veins and capillaries, the free flow of oxygenated blood becomes more difficult with the reduced lumen and morbid material that has settled in it. The wearing of socks, use of heating pads and extra blankets at night can reduce the cold and pain, but provides only temporary symptomatic relief.

Diabetes is considered to be a precursor to the development of foot sores and ulcers that have a difficult time healing. Or is it vice versa that sores form from poor blood circulation? The open sores can fester for days, weeks, months and even years. The conventional approach is to apply antibiotics and creams to control the infections, while never curing or healing the ulcers. As time elapses, infection can manifest and the blood becomes poisoned, creeping ever so briskly upwards in the arteries and veins towards the knee. At this advanced point of the disease, conventional medicine will typically recommend amputation to below the knee. Later, as the uncontrolled infection continues its upward march, a complete amputation of the leg up to the hip is common. This is conventional medicine butchery at its best, never healing the patient, simply treating the symptoms while maiming and torturing the patient with a slow, and ultimately, painful demise under their predictive care.

Naturopathic medicine identifies the accumulation of morbid wastes and toxins as the typical catalyst inside the hands and feet that are the culprits. The manifestation of poor blood circulation, formation of ulcers and blood poisoning of the feet or hands are all interrelated. Naturopathic medicine has several different protocols that have proven time and again to cure and heal the individual in a few short days, to one, two or more weeks, offering complete and permanent healing.

In the book “**My Will**” by Sebastian Kneipp, he describes the foot hot vapor bath and foot hot water soak protocols. The foot hot vapor bath causes the feet to perspire for 15-20 minutes, forcing the dissolution and excretion of the accumulated and solidified morbid wastes trapped inside the feet. The water is heated in a pot until evaporation takes place and is then placed on the ground. A thin board is placed over the pot so as not to allow the feet to lay directly on top of the pot or touch the hot water, then hermetically wrap everything with a blanket from the floor to the top of the knee. The blanket encapsulates, traps and seals the hot vapor inside, inducing the lower leg to perspire the trapped toxins out by dissolving and dislodging the solidified wastes, then sweating them out

through the skin. The morbid wastes are also forced out as dissolved waste through the normal blood stream that can now transport the previously solid and morbid wastes. After 20 minutes of the vapor bath, the feet are rinsed with cold water to expel residual wastes, close the pores and strengthen the feet. Increased blood flow should manifest, warming and oxygenating the feet. The increased tone and vitality increases over the 4 weeks treatment of this natural protocol.

In 2 to 4 weeks, the individual is normally cured and healed of poor circulation (cold feet) by having one (1) foot vapor bath per week. This vapor cleansing and purging protocol sets the opening for a follow up foot bath protocol utilizing hay flower (hay straw and residual twigs) along with oat straw (residual components of oat harvesting). One or two handfuls of each ingredient are placed into a pot with water, allowed to heat to the point of evaporation and placed on the floor. Once cooled enough to not burn the feet, the straw and oats are filtered out of the water and the feet are both placed inside the hay flower and oat straw water mixture. The blanket is wrapped around from the floor level up to the knees, again sealing the heat inside to induce skin pore dilation while also absorbing the nutrient rich water through the open skin pores of the feet. After 20 minutes, remove and dry the feet.

The feet should feel exhilarating, refreshed and much better. Sebastian Kneipp developed and refined the poor circulation (cold feet) protocols over his many decades of practice. His many different cloth wraps for the body, including a whole body wrap referred to as the “Spanish Mantle” were instrumental in curing his patients. Again, the Spanish Mantle is a long cape like garment that is sealed from the floor up to the neck, allowing for full body perspiration while standing or sitting over a hot water vapor pot.

In cases where there is already an open sore or ulcer on the feet or lower legs, naturopathic doctors have historically used the common garden variety Plantain Leaf (*Plantago Major*) as a method of leaching out the poisons and toxins from the affected skin and blood. Taking multiple leaves, bruising them

gently by rolling them in the hands and then applying them like an outer skin to the affected areas acts as a bandage and toxin/poison extractor. The leaves should always be maintained moist to pull out the toxins. If allowed to dry, their ability to pull the toxins out diminishes. Many leaves are required and can typically take a few days to a week to reduce the pain, inflammation and start closing the sore to begin the natural skin scabbing and healing process. Plantain leaf possesses many healing and curing properties apart from blood poisoning and should be reclassified from a nuisance garden variety weed to a majestic medicinal and healing plant.

The natural curing and healing properties of common variety garden and wild plants far exceeds the capabilities of synthetic and toxic medications that only treat the symptoms. The secondary side effects of the toxic medications can at times be more dangerous than the disease being treated. A common plant like Plantain Leaf has been proven, time and again, to cure and heal sores and ulcers that would not heal for weeks, months or years. The key is to help dissolve, dislodge and expel the accumulated morbid wastes and poisons that are trapped inside the tissue. This is accomplished by helping to push them out of the body (manifesting as sores, pus and ulcers), rather than to further trap and keep them inside the body with ineffective creams and medications that suppress their expulsion. The human body is basically protecting its vital organs from being contaminated with the morbid and toxic wastes, thus purposefully forcing an opening in the skin (sore or ulcer) in order to expel the harmful toxins out of the body and protect itself as a whole, before more severe organ damage can occur from these same harmful toxins.

Vapor baths, plantain leaf wraps, DMSO applications (oxidizes the infection and improves blood circulation) and other natural protocols have been utilized for decades to centuries, curing and healing afflicted individuals. No toes, feet or limbs need to be sacrificed to the effigies of conventional medicine maiming protocols. The medical business cannot patent plantain leaves, vapor baths or DMSO. There is no monetary incentive to use natural medicine. Instead, conventional

medicine prescribes more antibiotics and perform completely avoidable surgeries that injure and mutilate their consciously unaware, trusting and life long customers, til death do us part.

Diabetes: This sinister disease is also associated with poor blood circulation of the extremities (e.g. feet), dysfunction of the pancreas (insulin or sugar imbalance) and typically results in the formation of sores or ulcers on the feet, culminating in limb amputation if not successfully treated in time with effective curative protocols. Dr. Hulda Clark, with decades of patient care and treatment, concluded that her many cases of pancreatic cancer, diabetes and other associated illnesses of the pancreas were directly and indirectly attributed to parasitic infections and the accumulation of methanol in the pancreas. The methanol attracts the parasites into the area, setting the stage for disease formation. As discussed in a previous chapter, the initial infection, followed by colonization and infestation of the pancreas via the pancreatic duct was responsible for its dysfunction, resulting in the aforementioned disease symptoms and diagnosis.

The main parasitic catalyst that she identified for the dysfunction of the pancreas is called the Eurytrema Pancreaticum (EP) parasite. Once the person was contaminated, it would propagate inside the pancreas and Sphincter of Odi region, protected and sheltered from antibiotics and other anti-parasitic medications. The safe harbor provided deep in the pancreas made it difficult, if not impossible to eradicate the parasite with conventional medications. In her research and practice, she designed the three (3) plant treatment protocol combination in her 18 day parasite cleanse discussed in the previous chapter. It has been proven effective to kill and eradicate the EP parasite. Additionally, the liver cleanse protocol is also very effective in expelling the EP and other parasites that may be outside the pancreatic duct and are exposed inside the gastrointestinal system. The Epsom salt (magnesium sulfate) used in the liver flush helps to dislodge and kill the many different parasites from their hiding locations.

In the book “***New Body New Life***” by the author, his journey in personal health experimentation resulted in thousands of parasites, eggs and bile stones to be expelled from the body, including the Eurytrema Pancreaticum parasite. The color photos in that book display the thin, flat stripped parasite with multiple eggs on the surface. Appearing innocuous, these parasites are directly responsible for different types of pancreatic disorders, including cancer and diabetes. Upon their expulsion, the pancreas regains physiological homeostasis and improves the overall health of the body in a short period of time.

Kidney Stones: Interestingly, the development of kidney stones (accumulation of uric acid and other inorganic minerals in the kidney or bladder) is indicative of an unbalanced and dysfunctional human body. Not only the ingestion of inorganic minerals and toxic materials that accumulate within the body, but also, a dysfunctional genitourinary system that does not adequately excrete them are the usual suspects in their formation. These inorganic mineral deposits can form and become extremely large in size, manifesting tremendous excruciating pain in those misfortunate enough to have inadequately maintained their human body avatar that promoted their development. Once they are dislodged from their resting place in the kidney, they typically scrape and gouge the delicate ureter walls on its way out, causing tremendous pain and bleeding to ensue.

Typical symptomatic treatment requires the use of strong narcotics to dull the pain. If the stone(s) is not assisted in its dissolution promptly and effectively, it will continue scraping the delicate walls until it exits the urinary opening of its victim. Prevention is the best cure for a kidney stone. Modern conventional medicine has different narcotic medications to reduce the pain level (morphine) and high technology lasers that can disintegrate the stones when detected. Some home remedies and naturopathic medicinal plants have been able to provide comfort and aid over the centuries to its unfortunate victims.

In his many decades of cold water treatments (hydrotherapy) to his patients, Sebastian Kneipp would frequently utilize natural plants for specific ailments that were less responsive, or worked more efficiently in combination with cold water. In the case of kidney stones, he would utilize the common garden plant called “knot grass” (*Polygonum Aviculare*) to heal and cure his patients suffering from the stones. In his book “***My Will***”, he relates how a gentlemen consumed three (3) cups each day of knot grass tea for several days and consequently was able to directly expel over 50 large kidney stones which appeared to be fragments from a larger stone. He discovered that prophylaxis consumption of the knot grass tea expelled the granular (aka gravel stones) accumulations in the kidneys and bladder, relieving the pain and malaise in his patients. Kneipp also used other water cure protocols to help strengthen the body for overall good health. The consumption of knot grass tea by Kneipp was not deemed dangerous or harmful, but rather another tool to help the sick and diseased individuals to recover their health without surgery or toxic medications.

Kidney Infection (Pyelonephritis): A frequent and often global occurrence in the human body is that of a genitourinary (GU) infection, caused by bacteria or other pathogens. The symptoms can vary from burning or discomfort upon urination to extreme cases, whereby emergency hospitalization in an intensive care unit (ICU) is required. An uncontrolled infection can ultimately result in irreparable damage to the kidneys, and a subsequent lifelong requirement to utilize a blood dialysis machine to survive may be the end result. In dire cases, kidney transplants or even death may result if not treated effectively.

Kidney infections normally begin in the bladder as a urinary tract infection (UTI). If left untreated, the bacteria, virus or pathogen travels up through the ureter and into the kidneys, resulting in infection, inflammation, fever and pain over time. One of the main catalysts for kidney infection is the *E. Coli* bacteria. Other types of bacteria and viruses can also affect the kidneys, thus are not exclusive to kidney infections.

Frequent consumption of water and other natural liquids activates the urination process throughout the day. It acts as a passive method of blocking and flushing back out any potential harmful bacteria that may be migrating up the urethra and headed to the bladder. Holding in urine during the day (e.g. avoiding public bathrooms and waiting to get home to urinate) is just as harmful as inadequate or improper hygiene methods. These can also contribute to male and female UTI infections and slowly progress into more advanced diseases. If the pH level of the ureter/urine becomes too alkaline, this promotes an environment conducive to pathogen growth and infection. A slightly acidic level of the urine/ureter helps to neutralize bacteria and flush them out of the body, thus maintaining an environment not conducive to their propagation or survival.

In advanced cases of kidney infection, conventional medicine protocols dictate antibiotics intravenously as the common course of treatment. This usually requires in hospital care and monitoring 24 hours per day. The health risk is significant and can result in fatalities if renal failure is reached. Dr. John Christopher and naturopathic medicine practitioners in general have utilized parsley root for centuries to cure all types of GU infections caused by bacteria and pathogens. The roots are pulled out of the ground, washed, cut up finely and used in a tea infusion. Anywhere from a teaspoon (tsp.) to a tablespoon (tbsp.) is mixed in an eight (8) ounce glass of boiling hot water. If no roots are available, then a handful of the upper parsley plant stalks can be utilized (these contain less concentration than the roots) in a pot, low simmered and filtered. Once cooled enough to drink, the natural parsley infusion is consumed throughout the day. There is no limit on how many glasses per day, but the more consumed the faster the GU system is flushed out and healed. Once this natural plant root infusion is ingested, it begins immediately killing bacteria/pathogens within the GU system. Within twelve (12) to forty eight (48) hours, most kidney/GU infections are completely cured and healed. As each individual is different, the response times may vary shorter or longer.

Since this is a vegetable/plant, it is considered a food, not a medicine and thus cannot be patented. There is no profit to be made from selling vegetables to treat kidney infection patients, but there is from selling patented toxic medications that are laden with harmful chemicals and have secondary side effects. It is not uncommon to hear of a kidney infection patient interned in the hospital for 2-4-6-8 weeks, taking IV antibiotics against the infection and then sent home to recover. Then, a family member or friend brings them parsley root tea and they are practically healed overnight. The individual usually believes the conventional medicine consumed caused their healing, discarding the curative effects of the parsley root tea. They ultimately attribute their recovery to the antibiotics prescribed as their cause of healing. Denial, at times, is a part of the human psyche.

Depending on the source, it is referenced there are more than 1/2 million plant and tree species around the world. Others insist there are actually several million, and most still undiscovered. How many of these possess the cures to all of mankind's ailments? The answer to this rhetorical question is that mankind has always had access to all the cures for diseases that he himself has caused through improper food consumption, physical neglect and irresponsibility. Bernard Jensen, John Christopher, Vincenz Priessnitz, Sebastian Kneipp and many other natural medicine practitioners have been able to harness the curing and healing powers of cold water and nature itself (medicinal plants) to restore humanity to good health.

There are many-many diseases and ailments that fall under the category of "other", whereby natural plants and protocols can resolve any ailment or terminal disease. Conventional medicine is for conventionally minded individuals who have succumbed to the false science, false medicine and false history indoctrination that has been fed to the global populace. Through research, understanding, application and self-experimentation, a determined individual may find the cure to their disease or health ailment. What is certain however, is that conventional medicine provides only limited alternatives (patented) and with little historical success in

curing any and all types of diseases. The many natural health protocols are within arms reach, unfortunately, many are unaware and unfamiliar with their existence. The mass indoctrination process to ridicule, discredit and bypass natural laws of healing for manmade toxins that only serve to expedite the individuals health demise.

Reference reading:

My Water Cure by Father Sebastian Kneipp (1892)
Water Softening and Purification by Harol Collet (1895)
My Will by Father Sebastian Kneipp (1896)
L'eau de Mer, Milieu Organique (Sea Water, Organic Medium) by Rene Quinton (1904)
Iridagnosis & Other Diagnostic Methods by Dr. H Lindlahr (1919)
The Cure of Imperfect Sight by Treatment Without Glasses by W.H. Bates (1920)
Strengthening The Eyes by Bernarr MacFadden (1924)
Nutrition and Physical Degeneration by Dr. Weston Price (1939)
The Drama of Fluorine: Arch Enemy of Mankind by L Spira (1953)
Hunza Land: The Fabulous Health & Youth Wonderland of the World by Dr. Allen Banik (1960)
Fluoridation: The Great Dilemma by Dr. G. Waldbott (1978)
Iridology Simplified by Bernard Jensen (1980)
Iridology: A complete guide to diagnosing through the Iris by Farida Sharan (1990)
How to Save Your Teeth by David Kennedy DDS (1993)
Hazardous Chemicals Handbook by Carson & Mumford (2002)
Dr. Charles Bass and the Bass Method: One Man's Crusade to End Tooth Decay and Gum Disease by Wayne Lott (2004)
The Shocking Truth About Water by Paul and Patricia Bragg, revised edition (2005)
Encyclopedia of Water Science, Vol 3 by K. and B. Lerner (2005)
The Fluoride Deception by Christopher Bryson (2006)
The Poison in Your Teeth by Thomas McGuire DDS (2008)
Guidelines for Drinking Water - Quality by WHO (2011)
FluorideGate – A documentary by Dr. David Kennedy (2013)
New Body – New Life by Jean-Paul O'Brien (2017)

Chapter 7

IN THE DAYS THAT REMAIN

The previous chapters provided some examples of natural cure protocols that naturopathic health pioneers have invented, discovered, experimented, improved upon and succeeded in curing and healing tens of thousands of their patients. Both types of diseases; curable and incurable (terminal) were treated and cured over their individual and collective lifespans.

The prohibition of using natural plants, wholesome foods, cold water, internal cleanses and other non-patentable cures make them a threat to the conventional medicine benefactors (e.g. pharmaceutical, hospital and chemical companies) that sponsor the cancer industry, medical equipment industry, insurance industry and their many other political prostitute cohorts throughout governments around the world that allow this to continue. When nearly 250,000 men, women and children die each year, under the care of a licensed physician in the United States as a result of secondary side effects of toxic medications and malpractice, and no legal consequences or liabilities are instituted to those at fault, there is a systemic problem. Yet, a person who has cured their own cancer by consuming apricot seeds (vitamin B17 or Laetrile) can be arrested and imprisoned for selling these same apricot seeds (a natural plant seed) to others to cure their own cancer, that is a travesty of injustice.

The business of killing patients legally with toxic medications is protected by the laws instituted through political prostitute legislators that provide immunity from lawsuits of medication side effects and surgical malpractice. In the book “***Death by***

Modern Medicine” by Dr. Carolyn Dean, reveals some of the normally unknown and suppressed medical statistics that are the behind the scenes causes of many deaths. These are exposed for public conscious awareness.

If natural medicine protocols were allowed to be circulated and implemented freely to cure and heal people at low cost, there would be no need for toxic and expensive synthetic medications that only provide symptomatic relief; never curing the patients that use them. The medical business would potentially collapse into itself. The consumption of wholesome foods and maintaining healthy lifestyle habits would undoubtedly add decades to an individual’s lifespan, without the use for any type of toxic medication with its latent and inherent side effects.

There are hundreds, if not thousands of natural healing and curing remedies that can return the human body avatar to its natural functioning state. The manifestation of any illnesses or disease is the symptomatic reflection of its physiological dysfunction. Whether the disease weakness is inherited in a newborn baby as a result of one or both parent’s physiological weakness hand me downs, or accumulated over decades of improper lifestyle habits and poor nutritional consumption, these can all be self-corrected. First and foremost, the development of conscious awareness must be achieved, recognizing the cause and effect of any type of illness or disease that is errantly labeled as incurable is primordial to advance to the healing crisis stages that Dr. Bernard Jensen references in his decades of medical practice.

Through research and assimilation of the health knowledge from sages of past and present centuries, the realization shall eventually set in that modern conventional medicine is only a façade and merely provides symptomatic relief to the ill, never curing them of their falsely labeled incurable diseases. The global propaganda, indoctrination and psychological conditioning that has been perpetrated on humankind over the last few centuries via false science, false medicine and false history are all complicit to this end. When the veil of deception

has finally been pulled back and away from individual and collective consciousness, then a mass awakening can take place on how to properly care for the human body avatar in order to have a healthy and long life, just as man was originally intended to experience.

As Dr. John Christopher states, *“There are no incurable diseases, but at times there are incurable patients”*. The question begs to be asked, how did mankind allow itself to reach this point of health ignorance and subsequent disease promulgation on such a global scale? Why does mankind voluntarily subject themselves to harmful radiation chemotherapy, toxic medications, vaccinations, maiming and mutilating surgeries if these will never cure their ailments, but rather only increase their physical and mental suffering?

The multiple ongoing eugenics programs that are active around the world all play their bit part in the overall grand plan of human depopulation. In the books ***“The Great Awakening”*** and ***“The Emancipation of Humanity”*** by the author, they describe in more detail some of the various eugenics programs that have been ongoing for the last century and are directly related to disease manifestation. An informed reader will have a better understanding of why the global masses follow unapologetically into the man made slaughterhouses known as conventional hospitals and clinics. A main source of the individual and collective consciousness indifference is a side effect of fluoride ingestion. It saturates practically all potable water sources and is added into some bottled water, table salt, tooth paste, mouthwash and other mass consumer food products. This pacifying of the human psyche destroys any conscious and unconscious level of opposition and resistance to conventional medicine butchery and overall population control. Once the mind is dominated, the body will follow aimlessly until it collapses from improper operator use and maintenance.

For all intents and purposes, conventional medicine has lost its moral and ethical foundation as a result of abdicating their Hippocratic oath of “Do no harm” to their patients. Their

monetary benefactors have placed an iron fist over the medical school curriculums, pharmaceutical companies synthetic drug of choice protocols and the American Medical Association (AMA) advertising company (Ministries of Health around the world) are the enforcement arms of the medical business. Do as instructed or face the ramifications of losing your medical license to practice medicine forever.

Every individual is physiologically different from another in a sense that each has its own nutritional, health and lifestyle history unique to itself. This however, does not normally apply to wholesome foods. Wholesome food does not deviate considerably from one carrot to another, unless it is a genetically modified organism (GMO) or saturated with toxic pesticides and herbicides, making them unfit for human consumption in many regards. Wholesome foods (fruits vegetables, nuts, seeds and grains), clean water and healthy lifestyle habits are the key to a strong immune system and building a strong human body avatar. When an individual has strayed from the consumption of wholesome foods and becomes sick or diseased, this can be reversed out of the body by cleansing it internally and rebuilding it with organic vitamins, minerals, plant based proteins and other life giving properties from the wholesome foods. The building blocks of the human body are within reach of every individual who chooses to consume them. Those who lack the knowledge will embrace processed and synthetic products that masquerade as food without dissent. Those who continue to consume these harmful products will have the misfortune of departing this human incarnation experience before their peers of the same age. In some cases, many decades ahead of schedule from the rest.

The basic premise for curing and healing the body of any disease can be generally summed up into the following steps:

1. Develop conscious awareness through research of improper versus proper food consumption, nutrition and lifestyle habits.
2. Cleanse the internal organs (intestines, liver, pancreas, kidneys, blood system, lymphatic system, etc.) of toxic wastes.

3. Disregard and abandon previous harmful food consumption and lifestyle habits (western diet, smoking, alcohol, narcotics, processed foods, decaying animal corpse proteins, avoid parasite contamination from pets and food, etc.).
4. Consciously seek out and only consume wholesome foods and clean water that are the building blocks for a healthy and strong human body avatar.
5. Consciously implement those health protocols that will strengthen and maintain the body's functioning (regular internal cleansing, cold water cure protocols, wet sheet treatments, dry blanket treatments, exercise and others, etc.).

These types of natural protocols and positive lifestyle habits can return physiological homeostasis and health to an ill or diseased body. Whether the body is labeled or categorized as incurable or too far gone, these terms are applicable only for those who subscribe to conventional medicine ideology and obedience. A consciously aware individual now understands the human body can cure and heal itself, provided the spiritual occupant of the human body does not interfere with its instinctual and natural repair process. The body cannot repair itself if it is being provided processed foods and contaminated drinks that merely serve to further weaken and destroy the immune system while denying the cells from obtaining the organic vitamins and minerals it needs to systematically and physiologically rebuild itself.

There is a key point that is bypassed or omitted by conventional medicine. It is called the germ theory of sickness versus the physiological (chemical) imbalance theory of sickness (dysfunction). This misconception and realization that the root cause presented by conventional medicine to disease formation is predicated on germs causing the disease. In reality, physiological and nutritional imbalance is the source of disease formation and subsequent manifestation. Flies do not typically lay their larvae on living flesh, but rather on dead or decaying carcasses. Similarly, vultures do not typically attack and eat living animals, but rather those that

are dead and rancid. These and other similar scavenger species are attracted to dead or diseased animals. Parasitic worms thrive and reproduce in unhealthy, weak and diseased bodies (GI system). They cannot normally survive in healthy, unconstipated and immunologically strong bodies. A diseased human body emits excess levels of carbon dioxide (CO₂) through respiratory excretions and advertises its diseases that attract mosquitoes and other bugs. Similarly, dead corpses secrete rancid toxins attracting flies and scavengers to their decaying host. There are reasons why insects and scavengers are attracted to some people more than others. Simply stated, they can smell and sense the diseased body state and instinctually search it out. The healthier individuals do not typically experience this same natural phenomena.

Returning back to topic, the tens of thousands of individuals who recovered their health through fasting, intestinal cleansing, liver cleansing, pancreas cleansing, blood cleansing, lymphatic cleansing and other cleanses are a testament to the curing and healing powers of many different natural medicine protocols. Where many patients were given up or outright abandoned to die at home by conventional medicine (e.g. cancer patients after radiation, toxic medications and surgical mutilations that were unsuccessful at the hospitals), these relentless and determined individuals sought out alternative health solutions.

The fortunate individuals who never gave up discovered for themselves the natural curing and healing protocols that they had been purposely led astray from during conventional treatments. This knowledge that was suppressed or slandered would have taken them on the true path to healing. Many years after their terminal diagnosis, many still walk among us without any disease inside of them, completely cured and healed of their previously incurable disease. Their bodies and their minds were able to break away from the fear porn of conventional medicine. Each person is an immortal, sovereign and sentient spiritual being who has incarnated in this lifetime to experience the many life lessons there are to have in this dimension. To lose even one second of precious time of

your life to combat a preventable and curable disease is wasteful spending of a limited resource called life. Awaken from your psychological and physiological stupor, pull back the veil of deception of a lifetime and learn to recognize the fluoride stare that is indicative of critical thinking and thought paralysis. Chisel away the accumulation of inorganic minerals that congest, clog and destroy your arteries, vein, organs, brain and body overall. Your pineal gland is the portal to God via out of body experiences, why calcify it with fluoride and seal the doorway forever to spiritual enlightenment?

Conscious awareness, wholesome nutrition, cleaning the body and exercise are the foundation to curing and healing your own body. There is no magic bullet pill, snake oil or talisman that can replace the individual effort needed to regain and protect your health. It took you a year, a decade or even multiple decades to weaken your body to the point of developing a degenerative disease or impending terminal failure. Do you really expect it to be returned to full health in a few hours, days or even weeks just by taking a few pills or cutting off/out the effected body part? That is not realistic thinking and you are only fooling yourself by doing so. The more realistic path is a gradual increase in health every day, week and month until full health is restored.

I have seen firsthand individuals with intestinal and breast cancer cured and healed in less than 3 months time with continuous and dedicated natural protocol use. I have also seen firsthand when excessive ego has led to over confidence, whereby the individual ceased to continue the natural protocols after a month. He was too busy window shopping for high tech treatments and protocols for his terminal (curable) disease, disregarding the basic protocols shared with him. He survived for a few months more of window shopping before succumbing to his quest for a more fancy and chic protocol to battle his unique disease. His pride and ownership of having a lesser known disease was the highlight and centerpiece of his conversations with others, disconnected from the impending demise of his human body avatar. He could have saved himself, but again, as Dr. John Christopher repeatedly would

convey to others ***“There are no incurable diseases, but at times there are incurable patients.”***

To the reader: The take away from this short book, packed with brief histories of real world healers and their natural protocols that cured tens of thousands of their patients, is that there are health solutions available right now to cure terminal diseases. The eugenics agendas around the world are intended to systematically cull the population by disseminating and promoting false science, false medicine, false history and disinformation. Do not follow the pied pipers of conventional medicine to the morgue. That is not your manifest destiny. I say that because you have read the book completely, thus you can intuitively sense the truth is within your reach. The fluoride saturation of your body and mind have not overpowered your free will and critical thinking abilities.

True health cannot be bought out of a pill bottle or snake oil elixir. It requires a fundamental understanding of your body, how it functions, operates and is supposed to be maintained. The accumulated knowledge of centuries by health professionals and lay persons alike have shared their protocols for recovering the health of tens of thousands of sick and diseased patients. What commercial or marketing advertisement of modern day, or a bright, shiny and elaborate package can supersede the testimonial of someone who had the disease you may presently possess and were able to cure themselves? What signed affidavit, notarized document or other instrument will suffice to validate the natural protocol's effectiveness in curing and healing the same disease? The testimonial of a diseased and dying man, woman or child that cured and healed their incurable disease is suffice for an intelligent and open minded soul that can see through the disinformation, propaganda and deception of conventional medicine barbaric protocols that never heal, but maim and mutilate until the patient passes to the other side.

Take nothing for granted in the aforementioned chapters. Challenge each and every assertion made by the pioneers of their natural health protocols, looking for any hints of

deception and treachery. They asked for nothing in return when they treated their patients. Most did not even ask for any money, nor fame, nor fortune or even recognition. Like so many great healers in human history, they only sought to help their fellow man heal and have a healthy and happy life. This is their gift to all of humanity, paying it forward so that others would not ever have to endure the pain and suffering of those who came before you, yet lacked the knowledge that you have now to save yourself and those around you. It is called “Free Will”. It is recognized that this book is not all encompassing in detailed information, but it was never intended to be. It is intended to bring to the reader’s attention just some of the suppressed knowledge available. The reference reading section at the end of each chapter provide a treasure trove of related information that is indispensable for further expansion of conscious awareness. It is up to you to follow up and learn.

You have now received the basic information and steps required to cure and heal yourself. Will you now discard it in favor of conventional medicine out of fear of being ridiculed by the indoctrinated masses around you? Will you plunge head in and damn the torpedoes? It is your life and body, no one else can be blamed for your action or inaction now. Remember, fear is an artificial emotion that has been ingrained into the psyche of mankind in order to keep control of the masses. Break free of your invisible chains of bondage and emancipate yourself. Good luck in your endeavor and may the love and light of the one infinite creator (God) accompany, love, forgive and protect you throughout infinity. What health path will you choose for yourself, your family and friends in the days that remain?

Reference reading:

The Great Awakening by Jean-Paul O’Brien (2018)

Instruction Manual For The Human Body by JP O’Brien (2018)

Cancer Cures by Jean-Paul O’Brien (2018)

The Emancipation of Humanity by Jean-Paul O’Brien (2020)

How To Become A Vegan by Jean-Paul O’Brien (2020)

References

INTRODUCTION

A Guide to Health by Mahatma Gandhi (1921)
Herbal Home Health Care by John Christopher (1976)
Cancer Cures by Jean-Paul O'Brien (2018)
The Great Awakening by Jean-Paul O'Brien (2018)

Chapter 1

UNLEARNING FALSE MEDICINE & CONSCIOUS AWARENESS

Vitalogy or Encyclopedia of Health and Home by George Wood and EH Ruddock (1906)
Reports on Cancer by William Lambe (1809)
A Guide to Health by Mahatma Gandhi (1921)
Nutrition and Physical Degeneration by Weston Price (1939)
The Poisoned Needle by Eleanor McBean (1957)
Iridology Simplified by Bernard Jensen (1980)
The Great Culling – Documentary by Paul Wittenburger
Murder by Injection by Eustace Mullins (1988)
Trust Me, I'm A Doctor by Dr. Video Joel Wallach (1998)
Dead Doctor's Don't Lie by Dr. Joel Wallach (2004)
Death by Modern Medicine by Dr. Carolyn Dean (2005)
The Great Awakening by Jean-Paul O'Brien (2018)
Cancer Cures by Jean-Paul O'Brien (2018)
The Emancipation of Humanity by Jean-Paul O'Brien (2020)

Chapter 2

WHOLESOME FOODS, NUTRITION & HEALTHY LIFESTYLE HABITS

Medicina Gymnastica by Francis Fuller (1718)
Return to Nature or, A Defence of the Vegetable Regimen by John Frank Newton (1811)
On Human Health; Elements of Hygiene by R Dunglison (1835)
Lectures on The Science of Human Life by Sylvester Graham, Vol 1 & 2 (1839)
The Tree of Life or Human Degeneracy by Isaac Jennings (1867)
The Food Cure for Constipation by Charles Hart (1895)
Fasting, Hydropathy and Exercise by B. MacFadden (1900)
The Fasting Cure by Upton Sinclair (1911)
Fasting For the Cure of Disease by Dr. Linda Hazzard (1912)
Colon Hygiene by Dr. J.H. Kellogg (1917)
Constipation: Cause, Prevention and Cure by Dr. G. Heald (1921)
The Conquest of Constipation by Dr. William Walsh (1923)
Constipation: Its Cause, Effect and Treatment by Bernarr MacFadden (1927)

Health via Food by Dr. William Howard Hay (1929)
Become Younger by Dr. Norman Walker (1949)
Herbal Home Health Care by John Christopher (1976)
Three Day Cleansing Program: Mucus-less Diet and Herbal Combinations by John Christopher
Curing the Incurables by John Christopher (1977)
Iridology Simplified by Bernard Jensen (1980)
Tissue Cleansing Through Bowel Management by Bernard Jensen 12th edition (1981)
Diet, Nutrition and the Prevention of Chronic Diseases Report, jointly by the WHO/FAO (2003)
Super Size Me, a documentary by Samuel Goldwyn (2004)
The Miracle of Fasting by Paul and Patricia Bragg, 50th Ed (2004)
The China Study by T. Campbell (2006)
Food Inc., a documentary by Robert Kenner (2008)
Under Our Skin, a documentary by Andy Wilson (2009)
CowSpiracy, a documentary film by Anderson & Kuhn (2014)
The Great Awakening by Jean-Paul O'Brien (2018)
Instruction Manual For The Human Body by JP O'Brien (2018)
Water, Salt, Milk – Killing Our Unborn Children by Kevin Galalae

Chapter 3

NATURAL CURES

The Natural Cure of Consumption By Dr. C Page (1884)
The Fasting Cure by Upton Sinclair (1911)
Fasting For the Cure of Disease by Dr. Linda Hazzard (1912)
Health via Food by Dr. William Howard Hay (1929)
The Grape Cure by Johanna Brandt (1929)
On the Origin of Cancer Cells, by Dr. Otto Warburg, Science Magazine, 24 February 1956, Volume 123, Number 3191
I Was "Canada's Cancer Nurse" by Miss Rene Caisse, R.N. (1966)
Herbal Home Health Care by John Christopher (1976)
Three Day Cleansing Program: Mucus-less Diet and Herbal Combinations by John Christopher
Fresh Vegetable and Fruit Juices by Dr. Norman Walker (1970)
Herbal Home Health Care by John Christopher (1976)
Curing the Incurables by John Christopher (1977)
Tissue Cleansing Through Bowel Management by Bernard Jensen 12th edition (1981)
Calling of An Angel by Dr. Gary Glum (1988)
Hoxsey: How Healing Becomes a Crime, film by K. Ausubel (1988)
How to Conquer Cancer Naturally by Johanna Brandt (1989)
The Essence of Essiac by Sheila Snow (1993)

The Adam and Eve Story (The History of Cataclysms) by Chan Thomas (1993)
Flax Oil as a True Aid Against Arthritis, Heart Infarction, Cancer and Other Diseases by Dr. Johanna Budwig (1994)
There are No Incurable Diseases by Dr. Richard Schulze (1999)
When Healing Becomes a Crime: The Amazing Story of the Hoxsey Cancer Clinics & the Return of Alternative Therapies by K. Ausubel (2000)
The Amazing Liver Cleanse by Andreas Moritz (2000)
Dead Doctor's Don't Lie by Dr. Joel Wallach (2004)
Death by Modern Medicine by Dr. Carolyn Dean (2005)
Timeless Secrets of Health and Rejuvenation by A. Moritz (2005)
Fungus is a Cancer by Dr. Tullio Simonchino (2007)
Cancer - The Problem and the Solution by Dr. J. Budwig (2008)
Hoxsey Therapy: When Natural Cures for Cancer Became Illegal; the Autobiography of Harry Hoxsey, ND, by Harry Hoxsey (2009)
The Patient Handbook by Dr. Richard Schulze (2009)
The Complete Essiac Essentials by Mali Klein & Sheila Snow (2010)
It's The Liver Stupid by James Robert Clark (2014)
New Body – New Life by Jean-Paul O'Brien (2017)
The Great Awakening by Jean-Paul O'Brien (2018)
Instruction Manual For The Human Body by JP O'Brien (2018)

Chapter 4

WATER CURE PROTOCOLS

The History of Cold Bathing by John Floyer (1732)
The Cold Water Cure by William Strange (1842) – Priessnitz
The Cold Water Cure by Richard Beamish (1843) – Priessnitz
Manual of the Water Cure by Francis Graeter (1844) - Priessnitz
The Wonderful Power of Water in Healing The Diseases of the Human Body by Charles Schiferdecker (1844) – Priessnitz
The Water Cure Manual by Dr. Joel Shew (1849) – Priessnitz
My Water Cure by Father Sebastian Kneipp (1892)
My Will by Father Sebastian Kneipp (1896)
L'eau de Mer, Milieu Organique (Sea Water, Organic Medium) by Rene Quinton (1904)
The Fountain of Youth or Curing by Water by Benedict Lust (1923)
The Choice Is Clear by Dr. Allen Banik (1971)
Herbal Home Health Care by John Christopher (1976)
Curing the Incurables by John Christopher (1977)
Iridology Simplified by Bernard Jensen (1980)
The Cold Sheet treatment by John Christopher (1996)
There are No Incurable Diseases by Dr. Richard Schulze (1999)
The China Study by T. Campbell (2006)
The Patient Handbook by Dr. Richard Schulze (2009)

Chapter 5

INTERNAL CLEANSING PROTOCOLS

Introduction to Parasitology by Asa Channdler (1930)
Parasitology by Robert Hegner (1938)
The Poisoned Needle by Eleanor McBean (1957)
Herbal Home Health Care by John Christopher (1976)
Alkalize or Die by Dr. Theodore Baroody (1991)
The Cure for All Cancers by Dr. Hulda Clark (1993)
The Cure for All Diseases by Dr. Hulda Clark (1995)
The Advanced Cure for All Cancers by Dr. Hulda Clark (1996)
Timeless Secrets of Health & Rejuvenation by A. Moritz (1997)
There are No Incurable Diseases by Dr. Richard Schulze (1999)
The Amazing Liver Cleanse by A. Moritz (2002)
The Amazing Liver and Gall Bladder Flush by A. Moritz (2005)
Breakthrough - The Miracle Mineral Solution of the 21st Century by Jim Humble (2006)
Parasitology for Medical and Clinical Laboratory Professionals by John Ridley (2012)
Parasitology: An Integrated Approach by Alan Gunn (2012)
Human Parasitology by Burton Bogitsh (2013)
CDS by Dr. Andreas Ludwig Kalcker (2015)
New Body – New Life by Jean-Paul O'Brien (2017)
How To Become A Vegan by Jean-Paul O'Brien (2020)

Chapter 6

OTHER HEALTH PROTOCOLS

My Water Cure by Father Sebastian Kneipp (1892)
Water Softening and Purification by Harol Collet (1895)
My Will by Father Sebastian Kneipp (1896)
L'eau de Mer, Milieu Organique (Sea Water, Organic Medium) by Rene Quinton (1904)
Iridagnosis & Other Diagnostic Methods by Dr. H Lindlahr (1919)
The Cure of Imperfect Sight by Treatment Without Glasses by W.H. Bates (1920)
Strengthening The Eyes by Bernarr MacFadden (1924)
The Drama of Fluorine: Arch Enemy of Mankind by L Spira (1953)
Hunza Land: The Fabulous Health & Youth Wonderland of the World by Dr. Allen Banik (1960)
Fluoridation: The Great Dilemma by Dr. G. Waldbott (1978)
Iridology Simplified by Bernard Jensen (1980)
Iridology: A complete guide to diagnosing through the Iris by Farida Sharan (1990)
How to Save Your Teeth by David Kennedy DDS (1993)
Hazardous Chemicals Handbook by Carson & Mumford (2002)

The Shocking Truth About Water by Paul and Patricia Bragg,
revised edition (2005)
Encyclopedia of Water Science, Vol 3 by K. and B. Lerner (2005)
The Fluoride Deception by Christopher Bryson (2006)
The Poison in Your Teeth by Thomas McGuire DDS (2008)
Guidelines for Drinking Water - Quality by WHO (2011)
FluorideGate – A documentary by Dr. David Kennedy (2013)
New Body – New Life by Jean-Paul O'Brien (2017)

Chapter 7

IN THE DAYS THAT REMAIN

The Great Awakening by Jean-Paul O'Brien (2018)
Instruction Manual For The Human Body by JP O'Brien (2018)
Cancer Cures by Jean-Paul O'Brien (2018)
How To Become A Vegan by Jean-Paul O'Brien (2020)
The Emancipation of Humanity by Jean-Paul O'Brien (2020)

This book is inspired and dedicated to all those individuals of past and present who have left this incarnate plane of existence before their time, due to any type of incurable and terminal mortal disease that has always been curable. The knowledge to cure and heal all diseases has always been available to the masses, but for whatever reason, their victims did not find or apply it in time to save their human body avatar from shutting down prematurely.

The information herein provides historical knowledge, curing and healing protocols, case studies and many other answers to cures for diseases of all types. These have been suppressed, omitted, slandered, ridiculed or discarded by conventional medicine sentinels and their pharmaceutical benefactors that dispense toxic chemicals re-labeled as medicine as part of a larger global agenda. A patient cured is a customer lost. I do not claim to possess all knowledge pertaining to the human body, it is outside of my abilities. The little I do know is derived from intense independent research and firsthand experience from the school of life. Trust, but verify all knowledge and information you receive in life, regardless of the source. In this manner, you can filter out the propaganda, indoctrination, disinformation and manipulation that is being perpetrated on all of humanity.

May the information contained herein awaken your conscious awareness in time for you to comprehend your dire situation, recover your health and extend your life exponentially. What you believe and do after learning the knowledge in the days that remain will ultimately determine your manifest destiny.

